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COLLECTANEA ADAMANTÆA.—VI.

**Hermippus Redivibus:**

OR  
THE SAGE'S TRIUMPH  
OVER

**Did Age and the Grave,**

*Wherein, A Method is laid down for Prolonging  
the Life and Vigour of Man, Including  
A Commentary upon an Ancient In-  
scription, in which this great Secret  
is revealed; supported by numer-  
ous Authorities. The whole  
interspersed with a great  
Variety of Remarkable  
and Well Attested  
Relations,*

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*LONDON;*

Printed for J. NOURSE, at the Lamb, without  
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Edited by

**EDMUND GOLDSMID, F.R.H.S.**

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**PRIVATELY PRINTED,**

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1885.

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## INTRODUCTION.



OF all the wild chimeras which have in all ages haunted the minds of fantastic dreamers none has taken so great a hold on its votaries, as the search for the *Elixir Vitæ* or means of prolonging human life beyond its allotted span. And acknowledging, as all must, that the search must ever prove fruitless, we may yet be pardoned for feeling some sympathy for the many misguided enthusiasts who have wasted their lives and their means in the vain pursuit of this *ignis fatuus*. They believed that by lengthening life they would confer a priceless boon on the human race : forgetting that it is not the length of day which makes us love the summer but the brightness of the sun, the beauty of the flowers, the singing of the

birds. Ask the man whose sun of ambition has passed its zenith, who has gathered the flowers of love and friendship and found them sometimes wither and die while he yet held them in his grasp, for whom the voices he loved best have ceased to resound ; ask such a man whether life is the blessing the ignorant imagine it, and you will receive for a reply those words so old yet so true : “ *Vanitas, omnia vanitas.* ”

I believe my readers will easily forgive me for bringing under their notice in the following pages one of the most curious aberrations of the human intellect. According to Doctor Johnson the work here reprinted “ is very entertaining as an account of the Hermitish Philosophy and as furnishing a curious history of the extravagancies of the mind of man.” Written by John Henry Cohausen, a German of deep reading and reflection, it was translated by Doctor John Campbell. The learning of the author is unquestionable, for most of the books quoted are very scarce and curious, and, unlike numerous would-be scientific writers of the present day, he does not load his margins with references more or less accurate, but usually quotes the passages he refers to in full, often adding a criticism on his authority, which is as

## Introduction.

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striking from its accuracy as it is quaint and whimsical in form. When we find the writings of Friar Bacon, Doctor Shaw, Eugenius Philalethes, Signor Gualdi, and Flamel, besides innumerable writers on the occult sciences, dealt with in the masterly manner which characterises Cohausen, while the whole book is so entertaining that it rivets the reader's attention from the first to the last, we are bound to confess that we owe the author a deep debt of gratitude for having treated the subject; not in the dogmatical, tedious, or offensive way most writers might have adopted had they, like him, been convinced that they were supporting philosophical truth against common notions and vulgar prejudices, but, on the contrary, in the pleasant, lively, yet earnest style which is the great charm of this now rare and out-of-the-way book.

An analysis of the work appears in Baring-Gould's "Curiosities of Olden Times." And the reader who takes an interest in such matters and in works of a like description will do well to consult the Retrospective Review VIII. 64—87.

EDMUND GOLDSMID.





## HERMIPPUS REDIVIVUS.

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IT was the laudable Custom of the Antients, to perpetuate the Memory of all singular Events, and especially such as in any Degree might be useful to Posterity by Inscriptions. These had a peculiar Stile, in which three Things were principally regarded; Succinctness, Elegancy and Clearness. It would have been inconvenient, and indeed preposterous, to have drawn such Pieces into a great Length, considering the Places in which they were Erected ; that is to say, Markets, Temples, or public Roads ; or, the Matter whereon they were inscribed, which was Marble, or some other kind of hard or curious Stone. But, if Brevity was necessary, Beauty was likewise convenient. Where there is nothing striking, the Memory soon loses a Thought. To retain what we are told, we must receive at once both Pleasure and Instruction. This neatness of Stile, was peculiarly cultivated by the Antients. It came originally

from the East, where all Science was taught in Parables and Proverbs. In Greece, they refined upon this, and laid down the Rudiments of Knowledge in Aphorisms. Amongst the Romans, this manner of teaching was much esteemed, and nothing more admired, even in the politest Ages, than Sentences. If they were afterwards abused, and improperly applied, this ought not to discredit them, since without Question they ever did, and always will, appear with the utmost Propriety in that kind of Writing of which I am speaking. Lastly, as to Perspicuity, the Antients were exceedingly careful, and the Difficulties that now arise about the true meaning of such Monuments of their Learning as have reached our Times, are rather owing to the Misfortune of losing such Accounts of their Customs and Manners, as might have made them easy and familiar to us, than to any want of Clearness in the Stile of their Inscriptions.

Men of different Professions have employed themselves with different Views, in the Study of those large and curious Collections, which learned and industrious Persons have of such remains of antient Wisdom, as having escaped Oblivion, are now safely deposited in the Cabinets of the Curious. Amongst these, we are chiefly obliged to the celebrated Thomas Reinesius, who undertook to make a Supplement to the laborious work of Gruter, and has therein preserved an infinite number of valuable Inscriptions;

and amongst the rest, this, which hath given Occasion  
to my Treatise.

AESCALAPIO ET SANITATI  
L. CLODIUS. HERMIPPUS  
QUI VIXIT ANNOS CXV. DIES V.  
PUELLARUM ANHELITU  
QUOD ETIAM POST MORTEM  
EJUS  
NON PARUM MIRANTUR PHYSICI  
JAM POSTERI SIC VITAM DUCITE.

The learned Delechamp has given us a different  
Account of this inscription ; according to him it  
should be read thus.

L. CLODIUS HIRPANUS,  
VIXIT ANNOS CLV. DIES V.  
PUERORUM HALITU REFOCILLATUS  
ET EDUCATUS.<sup>1</sup>

The famous Cujas gives it us in the following  
Manner.

L. CLODIUS HIRPANUS,  
VIXIT ANNOS CXV. DIES V.  
ALITUS PUEGORUM ANHELITU.<sup>2</sup>

These various Readings, though it cannot be denied  
that they affect the Sense strongly, do not, however,  
much concern the Subject. The first tells us, that L.  
Clodius Hermippus lived one hundred and fifteen

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<sup>1</sup> In Notis ad. L. vii. c. 48. Plinii Natural. Hist.

<sup>2</sup> Ad Justiniani Novel. 5.

Years and five Days, by the breath of young Women, which is worthy the Consideration of Physicians and of Posterity. According to the Commentator upon Pliny, the name of this Long-liver was not Hermippus, but Hirpanus, and the Date of his Life one hundred and fifty-five Years and five Days, with this additional Circumstance ; that he did not live by the Breath of young Women, but of Young Men. The Lawyer again reduces the Life to the same Standard, and contends only, that his Name was Hirpanus, and that he received this extraordinary nourishment from the Breath of Youths.

If therefore we take this Inscription as it stands by the Consent of all these Writers, it informs us of a fact equally Curious and Important, viz. That a certain Person, no matter whether his Name was Hermippus or Hirpanus, reached a very advanced Age, by the use of the Breath of young Women, or of young Men. Now, whether this were a real fact which actually happened, or whether it be the invention of some malicious Wit amongst the Antients, in order to exercise the Talents of Posterity, I concern not myself : It appears to me, in the Light of a Physical Problem, which may be expressed in very few Words, viz. Whether the Breath of young Women may probably contribute to the maintaining long Life, and keeping off old age ? This is what I propose to examine ; this is to be the Subject of my Discourse, in which, if what I deliver be Entertaining and Useful,

the Reader need not trouble himself much about the Truth or Falsehood of the Inscription.

But it will be necessary, before we come to the strict examination of this Proposition, to remove some previous Difficulties out of the Way. In the first place, therefore let us enquire, whether the Term of Life be a fixed or movable Thing. Some of the most learned amongst the Jews, have thought it absolutely determined by the Decree of God, and have alleged various Scriptures for the Proof of this.<sup>1</sup> The most Antient Philosophers, both in Chaldea and Egypt, thought the Life of Man depended upon the Stars, and by pretending to predict its duration, plainly shewed that they thought it absolutely under the influence of the Heavenly Bodies.<sup>2</sup> The Stoicks, if they meant the Power of the Stars by what they stiled Fate, were also of this Opinion ; but whatever they meant by Fate, most evident it is, that they thought the Life of Man, as well as every other Thing, depended thereupon ;<sup>3</sup> and that consequently it was unalterable by any means, within the Compass of human Power. Now, if there be any Truth in these Opinions, if there be the least Foundation for any one of them, the Case is clear, that all further Enquiries are Vain ; for to what end should we search out the most probable Means of extending Life, when we are

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<sup>1</sup> Manas, ben Israel de term. vita.

<sup>2</sup> Diod : Sicul : Hist : lib : 1. Diogen. Laert.

<sup>3</sup> Plut. de placit. Philosoph. Diogen : Laert : Senec.

certain, that this is a Thing beyond our Capacity? or at least, uncertain whether it be or not?

In order to open the Way to further Speculations upon this curious and important Subject, I will begin with a Solution of this Difficulty, and take upon me to prove, that contrary to the Notions of these Divines and Philosophers, there is no such Thing as a settled Term of Life by the Law of Nature; or which is the same Thing in other Words, by the express Will of Divine Providence. In the first place, I lay it down as an absolute Certainty, that Contingency, is essential to that mode of Rule pursued by the Divine Power, in the management of sublunary Things. Causes indeed necessarily draw after them their Effects; but then I deny, that there is any chain of necessary Causes, and because it would require much Time and Space to establish this doctrine generally, I will keep close to my Subject, and content myself with proving it, as to this particular Point. It is a thing agreed on all Hands, that the Law of Moses, propounded chiefly Temporal Blessings, and amongst these, long Life; now this is absolutely incompatible with the Doctrine of a fix'd Term, and therefore if there be any Passages in the Scripture which look this way, we must interpret them in some other Sense, for the part must accord with the whole, and it is idle to allege a few detach'd Passages against the Scheme of the whole Book. Again we are told, that God commended Solomon for praying to him for

Wisdom, rather than long Life, or for Riches, which plainly shews, that he might as well have asked for either, as for it ; but if this Inference displeases, take the express decission of God thereupon ; who, in the same Place, says, that if Solomon walked in the ways of David his Father, he would lengthen his Days.<sup>1</sup> Add to these Arguments, that it was the constant Practice of the best Men, and such as most intimately knew the Will of God, to pray in Terms irreconcileable to such an absolute Decree. Thus Hezekiah desired that his Life might be spared.<sup>2</sup> Elias<sup>3</sup> and Jonah, that their's might be shortened.<sup>4</sup>

But, to put the matter out of Doubt, one need only consider, the Choice given to David, by the Prophet Nathan,<sup>5</sup> of War, Pestilence, or Famine, in consequence of which, he chose Pestilence ; now, if there had been a fixed Time of Life, how could this Choice, have possibly taken Place ? All the Persons who died of the Pestilence, must, according to the Doctrine I am refuting, have died if there had been no pestilence, because the decreed term of their Lives was expired. On the whole, therefore it is apparent, that a fixt Term of Life, is inconsistent with the reason of Things, which is what we call the Law of Nature, wherein, if I may be allowed the Expression, there is a

<sup>1</sup> 1. Kings. iii. 11, 14.

<sup>2</sup> Isaiah, xxxviii. 3.

<sup>3</sup> 1. Kings, xix, 4.

<sup>4</sup> Jonah iv, 3.

<sup>5</sup> 11. Samuel xxiv, 13.

settled Contingency. It is contrary to the Principles of Religion, as deducible from the natural light of our Understandings, and it is directly contrary to Revelation, so that I take it for granted that the most pious Man in the World, that will seriously consider these Arguments, must remain satisfied that the order of Providence, the Will of Heaven, or God's Decree, which are the Terms used by the Divines on this Subject, hath determined nothing absolutely, concerning the Term of Life.

I am next to speak of the Opinions of the Astrologers, which of Old, were ascribed to the *Æsculapius*, who, it is said, laid down this Maxim, That all Things below were governed by the Motions and Aspects of the Stars. Against this notion I have two Things to offer ; the first is, that they could not possibly know this so to be, even granting it should be true, because they were absolutely ignorant of the true System of the Heavens, and of the motions of those Bodies, whence they would derive so great a Power. This puts their authority out of the Case, for if we cannot depend upon them as Astronomers, nothing in Nature can be more Ridiculous, than to pretend to lay any stress on their Judgment in Astrology. To be convinced of this, we need only consult the authentic accounts we have in antient Authors of the Chaldaic System ;<sup>1</sup> from whence it appears to be equally false

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<sup>1</sup> Diod. Sicul. lib. i. Stanley's Chaldaick Philosophy.

and absurd ; false, as it is repugnant to the Experience and Observation of succeeding Times ; and absurd, as it is contrary to the unalterable Principles of Reason and true Science. The other Argument I allege, is this : That since the Authority of the Antients is out of the Case, If there be any modern Stoicks, who are still of this Opinion, they must show us the Grounds of it, and this, not from such Chimerical Notions as are laid down by the pretended Sages iu judiciary Astrology, but from the settled and unquestioned Principle, of true Philosophy. When they do this, or at least, when they attempt to do it, it will be time enough to examine how far this new System of theirs is rational. In the mean Time, I will conclude this point with that settled and most reasonable Maxim of the Civil Laws That about Things which are not, and about Things which cannot be made appear, there is the same Reason : that is, there can be no reasoning about them, they must be considered in the same Light, since nothing can be more idle, than to dispute about the Consequences of a Thing, before the Thing is made manifest, or we have any real ground for a Dispute.

We have now done somewhat towards establishing the Foundation of our Doctrine ; but there is still another vulgar Notion in our Way, which must be removed ; or to speak more properly, explained. By this, I mean the prevailing Opinion that the Life of Man is limited to a certain Term, and because we see

People grow Old at a certain Age, by which I mean grow Infirm and Decriped ; for Oldness has not so much Reference to Time, as to Condition ; and I account him Old, who has lost his Strength, rather than one who is advanced in Years. But, because I say the Maladies that attend old Age, come on in most People at a certain Period, they are held to be necessary ; and if there were any Truth in this, we should be stop't again, here would be a new Barrier through which we should be able to find no passage, and when we talk'd of retarding old Age, People would expect we should make them Young again. It is requisite, therefore, that this matter be explained and set right, and that the Reader be satisfied how far the incommodities of old Age are of Necessity, and how far the Product of natural Causes, which may be affected by the Skill and Art of Man.

The human Body is a Machine, actuated by an immortal Spirit, and which is more to my Purpose, fabricated by an Almighty Hand. It cannot be supposed, that this Dwelling should be so slightly, or so injudiciously contrived, as that it should wear out in a very short Space of Time. This does not seem very agreeable, either to the Nature of man, considered as a rational Creature, or with that infinite Skill and Wisdom which is evident in the Composition of the human Frame. When therefore the Divines say, that Sin introduced Death, they seem to speak Philosophically ; and if I may be allowed to explain their

meaning, I should be inclined to say, that Diseases and Death are incident to the human Body by the Will of God, or which is the same Thing, by the Law of Nature, but were Superinduced by the Follies and Vices of Men, which carry in them naturally the Seeds of Death ; and therefore, if it be an Evil, we ought not to accuse Providence, but our selves. Yet I will readily acknowledge, that taking things as they now stand, and have stood for many Ages past, there is no Hope left of Immortality in this Body, or even of prolonging our Lives to three or five hundred Years ; but still I affirm, that there are no settled Periods in Nature, no inevitable Laws which conjoin Weakness and Infirmitiy with a certain Number of Years ; but that it is very possible, nay, and very practicable too, for a Man to extend the length of his Life, much beyond the common Date, and that without feeling the incommodities of Age, for otherwise, this would be rather avoiding Death, than preserving Life.

To prove this, I shall first make use of Reason, and next of Experience : I shall make it evident by Arguments, that it may be so, and by Instances, that it has been so ; and then if any Sceptic has a Mind to doubt the Truth of my Doctrine, I shall leave him in his own Road, where his Ignorance will infallibly bring upon him the just Punishment of his Obstinacy, an hastier Extinction of Life than he need otherwise have suffered.

All wise Men have agreed, that Nature, by which I mean the Wisdom of God, manifested in the Order of all Things, acts uniformly in every Respect, and assigns proper Periods to all Things. Solomon says There is a Time to be born, and a Time to die ;<sup>1</sup> a short Maxim, which may admit of a long Commentary. The Life of Man does not certainly consist in Eating and Drinking, in Waking or Sleeping, or in the indulging by turns the Gratification of his many Appetites ; for if this was so, the usual Term of Life would certainly be long enough, and there have been actually Instances of People who have been so satiated with the round of these trivial Actions, as to be weary of Life before Death was at Hand, and in Consequence of this weariness have hastened it. But as the Divine Old Man justly observes, Art is long, and Life is short ;<sup>2</sup> that is there seems to be no just proportion of the Powers of the Mind, and the Force of the Body. We hurry on from Infancy to Childhood ; from Childhood to the Age of Man ; from thence, to what is stiled middle Aged, and then we decline a-pace into Feebleness, Misery, and Dotage. Can any Man think that this is the true order of Nature ? Has Nature given so many years to Pikes, to Eagles, and to Stags, nay, and to Serpents, at the same Time that she denies it to Man ? Be it far from us to believe

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<sup>1</sup> Eccles. iii. 2.<sup>2</sup> Vita brevis, ars longa, occasio celeris, experimentum periculosum, iudicium difficile, Hippocrat. Aphorism. 1.

this ; let us rather stifle our Pride and Conceitfulness, and believe that the shortness of Life, flows from the Weakness and Wickedness of Man.

But it will be said, that Death is not only the end of diseases, but that Old Age is as much a Disease as any other, and certainly brings it on. That the human Frame is so Constituted as not only to increase and arrive at Perfection, but to decay also and wear out. That the Flame of Life grows after a certain Time weaker and weaker ; that the Solids lose their Tone by Degrees, and that the Vessels grow cartilaginous, and become at last Boney : so that Death, by Old Age, is a natural thing.<sup>1</sup> Be it so, I am not contending that Men may Live for ever, or that they may live as I said before, three or five hundred Years ; but this I say, that Old Age is the only Disease to which we are subject by Nature ; and that from this, it is very possible men may be much longer defended than they usually are by the help of Art. This I say, principally on the grounds I have before laid down, viz. That the human body is a machine admirably contrived ; from whence, I infer that it may, with due Care, be kept in good Order, and that the true ends of Life, being such as require a much greater Extent of Time, than the ordinary Period of Life allows ; therefore it is more likely, that this unreasonable Brevity should be the Effect of our want of Skill, of Care, or

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<sup>1</sup> Boerhaave Institut. Medic. sec. 474, 475, 1053, 1054.

of Attention, than owing to any Law laid down by the Omniscient Author of all Things. These are my Principles, which I submit to the strictest Examination, if they can be demonstrated to be either false or precarious, I shall be sorry for myself and for Mankind; since undoubtedly they carry in them a strong appearance of Truth, and of the most pleasing kind of Truth, that which attributes Glory to God, by Displaying his good Will to Man. But least any one should say, that many Things look fair in Speculation, which deceive us in the Practice, I will, after thus exposing my Doctrines to the Rays of Reason, examine it next by the reflected Light of Experience, and surely, if this shews us no Flaws in it, the Reader and I shall proceed chearfully on our Journey, and he will no longer consider me as one amusing him with a learned Paradox, but as the Unfolder of a Great and useful Truth.

Against the common Opinion, the most authentic Records of History enable me to allege, that though vulgar Experience be opposite to my Notions, yet that shortness of human Life, which is now become common, was not so always, nor is yet so in all Places. I shall not dwell long on what is said of the great Age of the Antidiluvian Patriarchs, I shall content myself only with a few observations that are necessary to my Purpose, the Truth of which cannot be drawn into Dispute. In the first Place, let it be noted, that though Men lived to be then very Old, yet the Species

was new. The human body had been but lately taken out of the Earth by its Creator, and retained therefore a great deal of its primitive Strength. We say commonly in our Days, that a Man who lives Fast, takes pains to destroy his Constitution ; and on the Principles of Moses, we cannot but allow, that the Fabric of Adam's Body must have been much stronger, and better compacted than ours ; and this it was, that preserved him so long, after he had lost that Tree of Life, or Rule of Living which was suited to his primitive State. My second Observation is, that these Patriarchs lived in another World ; I mean a World otherwise constituted than ours, and after another Manner ; and therefore, what we are told of their Age, is not more incredible, than a Multitude of Facts which Experience and Evidence oblige us to believe true.<sup>1</sup> I thirdly observe, that, if with stronger Constitutions and in a better disposed World, Men lived to various Ages, but most of them nine or ten Times as long as we; there seems to be no repugnancy in admitting, that by great care of our Constitutions, and our helping by Art the noxious Qualities of the several Elements as they are now disposed, Men may maintain as great a Distinction in the Periods of their Lives or Deaths.

It is very remarkable, that not only the Sacred Writers, but all the antient Chaldean, Egyptian, and

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<sup>1</sup> Burnet Theor. Tellur. Cudworth System. Intellect.

Chinese Authors, speak of the great Ages of such as lived in early Times, and this with such Confidence, that Zenophon, Pliny, and other judicious Persons, receive their Testimony without Scruple. But to come down to later Times ; Attila, King of the Huns, who reigned in the fifth Century, lived to 124, and then died of Excess the first Night of his second Nuptials, with one of the most beautiful Princesses of that Age.<sup>1</sup> Piastus, King of Poland, who, from the Rank of a Peasant, was raised to that of a Prince, in the Year 824, lived to be 120, and governed his Subjects with such Ability to the very last, that his Name is still in the highest Veneration amongst his Countrymen.<sup>2</sup> Marcus Valerius Corvinus, a Roman Consul, was celebrated as a true Patriot, and a most excellent Person in private Life, by the elder Cato, and yet Corvinus was then upwards of an hundred.<sup>3</sup> Hippocrates, the best of Physicians, lived to an hundred and four ;<sup>4</sup> but Asclepiades, a Persian Physician, reached 150.<sup>5</sup> Galen lived in undisturbed Health to 104.<sup>6</sup> These Men do Honour to their Profession. Sophocles, the Tragick Poet, lived to

<sup>1</sup> Priscus apud Jornandes. Bonfinius Histoire de Hongrie, Decade premiere l. ii. p. 75.

<sup>2</sup> Guagnini Rerum Polon. p. 64. Herbert de Fulstin. lib. i. p. 13. & Marchauch, lib. i. cap. 2. p. 68, &c.

<sup>3</sup> Cato de Re Rustica, Cicer. de Senectut. Plin. Histor. Natural. Lib. viii.

<sup>4</sup> Euseb. Chronic. Petav. Rationar. Tempor. Tom. i. p. 96.

<sup>5</sup> Plin. Histor. Natural. lib. vii. c. 14.

Fulgoe. lib. viii. c. 14. p. 1096.

130.<sup>1</sup> Democritus, the Philosopher, lived to 104;<sup>2</sup> and Euphranor taught his Scholars at upwards of 100;<sup>3</sup> and yet, what are these to Epimenides of Crete? who, according to Theopompos, an unblemished Historian, lived to upwards of 157.<sup>4</sup> I mention these, because if there be any Truth or Security in History, we may rely as firmly on the Facts recorded of them, as on any Facts whatever; and consequently, we have the strongest Assurance, that even an hundred, or an hundred and twenty is not the utmost limit of human life.

But what is still more to our Purpose, it is not this, or that Country, in which such aged Persons are to be found; we meet with them in many, I was going to say, in most Climates. We have it on good Authority, that in Bengal, there lived a certain Peasant, who reached the Age of 335; and having received Alms of many Infidel Princes, had his Pension continued to him by the Portuguese<sup>5</sup> in Cambaja. Pliny gives us an Account, that in the City of Parma, there were two of 130 Years of Age, three of 120, at a certain Taxation, or rather Visitation; and in many Cities of Italy, People much older, particularly at Ariminium, one Marcus Apponius, who

<sup>1</sup> Euseb. Chronic.

<sup>2</sup> Petav. Rationar. Tempor. Tom. i. p. 96.

<sup>3</sup> Plin. Histor. Natural. lib. vii. c. 14.

<sup>4</sup> Diogen. Laert. in vit. Epimen.

<sup>5</sup> Barthol. Hist. Annat. Cent. v. Hist. 28. p. 46.

was 150.<sup>1</sup> Vincent Coquelin, a Clergyman, died at Paris in 1664, at 112.<sup>2</sup> Lawrence Hutland, lived in the Orkneys to 170.<sup>3</sup> James Sands, an Englishman, towards the latter End of the last Century, died at 140, and his Wife at 120.<sup>4</sup> In Sweden, it is a common Thing to meet with People of above an hundred; and Rudbekius affirms, from Bills of Mortality, signed by his Brother, who was a Bishop, that in the small Extent of twelve Parishes, there died in the Space of thirty-seven Years, 232 Men, between 100 and 140 Years of Age;<sup>5</sup> which is the more Credible, since in the Diet, assembled by the late Queen of Sweden, in 1713, the boldest and best Speaker among the Deputies, from the Order of Peasants, was considerably above an hundred.<sup>6</sup> These Accounts, however, are far short of what might be produced from Africa, and North America. But I confine myself to such Accounts as are truly Authentic, and I assemble these Instances, not to shew my own Learning, or to gratify my Reader's Curiosity, but with a view to satisfy him, that as the Fact is certain, Men may far transcend what are esteemed the common Bounds of Life, so this blessing of Longevity is not confined to one Climate or Region, and therefore we need not dispair of finding

<sup>1</sup> Plin. Histor. Natural. lib. vii. c. 29.

<sup>2</sup> Memoir. de Paris, p. 197.

<sup>3</sup> Buchan. Hist. Scot.

<sup>4</sup> Hakewill's Apol. lib. iii. c. i. p. 166.

<sup>5</sup> Ol. Rudbek. Atlantic. p. 396.

<sup>6</sup> Memoir. Histor. 1713. Tom ii. p. 336.

out the Art of prolonging Life, and keeping off the Decays of old Age in any Country.

It may be perhaps, notwithstanding all I have said, suggested, that in such a Case as this, which concerned Mankind in general so much, and in which every Man would naturally think himself so much interested, if the Thing were at all possible, this Art must have been long ago found out, especially, since in all Ages there have been a Race of Men, viz. Physicians, whose business it particularly was, to study such Discoveries. To this I answer, that such Prejudices as these, are the greatest Bars to Science, that many useful Arts are but of very late Invention; and that if this was discovered heretofore, it might be concealed from Posterity for very many Reasons. But besides, the Fact is quite the contrary; this Art was avowedly studiously sought by the Antients, and some of them are said to have discovered it. Asclepiades the Persian, whom I have mentioned already, was wont to declare, he accounted a Physician ignorant of his Profession who could not defend himself from Diseases; and this Notion he supported by his own Example, having lived in the full enjoyment of Health 150 Years, and was then unfortunately killed by a fall down Stairs.<sup>1</sup> Mithridates, King of Pontus, pretended also to this Secret, and so did many others. But the best Answer that can be given to all Scruples

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<sup>1</sup> Sab. Bel. lib. x. c. 8. p. 69.

of this kind, may be found in the following passage from BACON, a famous English Monk, who lived in the 13th Century, who thus discourses on the Subject.

"That it is possible to prolong Life, says he, may thus be made Evident. By Nature Man is immortal, that is to say, was so formed originally, as that he might have escaped Dying ; and, even after he had sinn'd, he could live a thousand Years ; in process of time, by little and little, the Length of his Life was abbreviated. Therefore it must needs be, that this Abbreviation is accidental, and may consequently be either wholly repair'd or at least in part. But if we would but make Enquiry into the accidental Cause of this Corruption, we should find it neither from Heaven, nor from ought but want of a Regimen of Health. For in as much, as the Fathers are Corrupt, they beget Children of a corrupt Complexion and Composition ; and their Children, from the same Cause, are corrupt themselves, and so Corruption is derived from Father to Son, till abbreviation of Life prevails by Succession. Yet for all this, it does not follow, that it shall always be cut shorter and shorter, because a Term is set in human Kind, that Men should at the most of their Years, arrive at fourscore ; but more is their Regimen, which consists in these Things, Meat and Drink, Sleep and Waking, Motion and Rest, Evacuation and Retention, Air, and the Passions of the Mind. For if a Man would observe this Regimen from his Nativity, he might live as long

as his Nature assumed from his Parents would permit, and might be led to the utmost Term of Nature, lapsed from original Righteousness ; which Term nevertheless he could not pass ; because this Regimen does not avail in the least against the old Corruption of our Parents. But it being in a manner impossible, that a Man should be so governed in the Mediocrity of these Things, as this Regimen of Health requires, it must of necessity be, that Abbreviation of Life come from this Cause, and not only from the Corruption of our Parents.

“ Now the Art of Physic determines this Regimen sufficiently. But neither Rich nor Poor, neither Wise Men nor Fools, nor Physicians themselves, how skilful soever, are able to perfect this Regimen, either in themselves, or others, as is clear to every Man. But Nature is not deficient in Necessaries, nor is Art compleat ; yea, it is able to resist and break through all accidental Passions, so as they may be destroyed, either altogether, or in part. And in the Beginning, when Men’s Age began to decline, the Remedy had been easy ; but now, after more than five thousand Years, it is difficult to appoint a Remedy.

“ Nevertheless, wise Men being moved with the aforesaid Considerations, have endeavoured to think of some Ways, not only against the Defect of every Man’s proper Regimen, but against the Corruption of our Parents. Not that a Man can be preserved to the

Life of Adam, or Artephius, because of prevailing Corruption : But, that Life may be prolonged a Century of Years, or more, beyond the common Age of Men now living, in that the Infirmities of old Age might be retarded ; and if they could not altogether be hindred, they might be mitigated, that Life might usefully be prolonged, yet always on this Side, the utmost Term of Nature. For the utmost Term of Nature is, that which was placed in the first Man after Sin, and there is another Term from the Corruption of every ones own Parents.

“It is no Man’s Lot to pass beyond both these Terms, but one may very possibly overcome the Term of his proper Corruption. Nor yet do I believe that any Man, how wise soever, can attain the first Term, though there be the same possibility and aptitude of human Nature, to that Term which was in the first Man. Nor is it a Wonder, since this Aptitude extends itself to Immortality, as it was before Sin, and will be after the Resurrection. But if you say, that neither Aristotle, nor Plato, nor Hippocrates, nor Galen, arrived at such Prolongation : I answer you, nor at many mean Truths, which were after known to other Students ; and therefore they might be ignorant of these great Things, although they made their Attempt. But they busied themselves too much in other Things, and they were quickly brought to old Age, while they spent their Lives in worse and common Things, before they perceived the ways to

the greatest of Secrets. For we know that Aristotle saith in his Predicaments, that the Quadrature of the Circle is possible, but not then known. And he confesses, that all Men were ignorant of it even to his Time. But we know, that in these, our Days, this Truth is known ; and therefore, well might Aristotle be ignorant of far deeper Secrets of Nature. Now also, wise Men are ignorant of many Things, which in Time to come, every common Student shall know. Therefore, this Objection is every way Vain."<sup>1</sup>

Such were the Sentiments of this very great and very knowing Man, in Times of the deepest Ignorance and darkest Obscurity ; and so throughly was he fixed in these Notions, and had attained so many Lights from the Study of the Arabian Writers, or rather of the Greek Physicians Labours, digested into the Language of that Nation, that he afterwards wrote an express Treatise on this Subject,<sup>2</sup> of which I shall have frequent Occasion to speak, and therein suggested many admirable Precautions for the Preservation of Life, and avoiding the Infirmities of old Age. It is then certain, at least, that we are not pursuing a Shadow, or engaged in a close Search after an empty Chimera ; there may be such a Thing as the Art we would reach, and it is not impossible, that the Methods suggested to us by the Roman Inscription, may be the

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<sup>1</sup> Roger. Bacon. *De vigore Artis et Naturæ.*

<sup>2</sup> *De Extensione Vitæ &c.*

great Secret. In order to discern the Truth of this, or to speak more correctly, in order to discover how much of Truth there is in it, we ought first of all to examine carefully the Nature of human Breath, what Force it has, and what mighty Feats may be expected from it, since the Inscription tells us, the long-lived Hermippus owed his Vivacity to the nourishment he received from the Breath of Girls, or if we take in the various Readings of the Inscription to the Breath of young People of both Sexes.

In order to come to a thorough Knowledge of this Matter, we must consider first what the Breath is, and we shall soon learn, that as Man lives by Breath, so that Breath is nothing more than Air drawn in, and after passing through the Lungs, thrown off again, that we may draw in fresh. I do not tye myself here to Physical Terms, or affect a technical Manner of speaking; the Subject on which I write, is of general Concern, and I would therefore express my self in a Language that may be generally understood. This Air, when received into our Bodies, according to some Physicians, nourishes the Lamp of Life; but according to all, causes the circulation of the Blood, and other Juices upon which Health and Life depend. On the other Side, the Air that we respire, and which we commonly call the Breath, must, by passing through the Lungs, be strongly tintured with the Particles of that Body, through which it has passed, and when it mixes again with the Atmosphere, must communicate certain Quali-

ties which the Air had not before. This is so reasonable, and at the same Time so self evident, that I think it cannot be denied. From hence it follows, that were there are many People in one Room, the Air that is common to them all, must be strongly impregnated with their Breaths. If therefore an old Man be for many Hours surrounded with young People, we cannot help perceiving, that he must take in a great Quantity of that Air which they have respired, and which consequently must be loaded with those Particles which it carried off in passing through their Lungs.

To judge the better of this Matter, let us consider first the Action of Odours in general upon the human Body, and with regard to this, a very cautious Writer, the Hippocrates of our Age, and who will be esteemed the Father of Modern Physic by Posterity, after having explained wherein the Odour of Plants consists, and how exhaled, he then discourses thus. "Hence we may understand, that the various, peculiar, and often surprizing Virtue of Plants, may be widely diffused through the Air, and carried to a vast Distance by the Winds, so that we must not presently account as Fables, what we find related in the History of Plants, concerning the surprizing Effects of Effluvia. The Shade of the Walnut gives the Head-ach, and makes the Body Costive. The Effluvia of the Poppy procure Sleep. The Vapour of the Yew is reputed Mortal to those who sleep under it; and the Smell of Bean Blossoms, if long continued, disorders the Senses. The

strong action of the Sun upon Plants, certainly raises Atmospheres of great efficacy, by means of the spirits it diffuses ; and the Motions of the Winds carry them to a great Distance. The dark Shades of thick Woods, where Vapours are contracted, occasion various Diseases, and often Death, to those who reside among them, as appears by melancholly Examples in America, which abounds with poisonous Trees. For this Spirit of Plants, is a Thing peculiar to each Species, absolutely inimitable, not producible by Art. It has, therefore, Virtues peculiar to itself, but such as are strangely agreeable to the human Spirits.”<sup>1</sup>

If the Smell of Vegetables have such high Effects, much stronger surely may be expected from Animal Odours ; and as to the Effects of human Breath, we know from Experience that they are very extraordinary. It is generally thought, that in the Case of Epidemic Diseases, the infection is propagated by the Breath,<sup>2</sup> and it is said to have been the Practice of wicked Nurses in the Time of the Plague, to catch the dying Breath of their departing Patients in Lawn Handkerchiefs, for the very worst of Practices ; and if human Breath when fetid and corrupt, is so potent, why should we conceive it void of Efficacy, when Persons are in the freest State of Health ? Every body knows how grateful and refreshing we discern the Breath of

<sup>1</sup> Boerhaave Elementa Chemiae.

<sup>2</sup> Hodges de Peste. Alpin. Histor. Natural Agypt.

Cows to be, which is thence supposed, exceedingly wholesome ; and as the Fragrancy of young People's Breath, who are brought up under a proper Regimen, falls little short of this, one may very reasonably suppose, that it partakes of the same Virtues.

Now to apply these Principles to the Matter at present under our Examination. It is, I think, allowed by such as are best acquainted with the Secrets of Nature, that there is a very brisk and lively Motion in the Blood of Young People ; to which, according to the Laws of Animal Oeconomy, Health, Vigour, and Growth, are attributed. On the other Hand, a Decay of this lively Motion, and in consequence thereof, a sluggish Circulation, which by Degrees ceases altogether in the finest and smallest Vessels, is held to be the principal Cause of the stiffness in the Muscles, which creates that weariness and want of Force, that is the great Incommodity of old Age. There seems, therefore, to be nothing forced or absurd, in conceiving that the Warm, Active, and Balsamic Particles thrown off by the Lungs of young People into the Air, which they Respire, may give it such a Quality, as when sucked in again by a Person in Years, shall communicate an extraordinary Force to the circulating Humours in his Body, and so quicken and enliven them, as to bestow a kind of reflective Youthfulness, which may for many Years keep off and delay those Infirmities, to which People of the same Age are generally Subject. The more we consider this Doctrine, the greater Care

we take in comparing Causes and Effects of the like Nature, and the closer we attend to such Experiments as seem fittest for the clearing up of this Matter, the more we shall be satisfied of the Truth of this Conjecture, and the more credible this Invention of Hermippus will appear.

I am very sensible, that there are many vain, ill grounded, and fantastic Notions that prevail among idle People, in relation to the Breath; some have fancied that Sorcerers have a Power of fascination therewith, such as they breath upon, and therefore in many of the Books which treat of Witchcraft, this is usually thrown in as a Circumstance; neither is it new, but an<sup>1</sup> old Piece of Superstition, which has subsisted in the World many hundred Years before the late Affair in France, where Miss Cadiere attributes her Possession to the Breath of the Priest.<sup>2</sup> We are likewise told of Nations in the Indies, who cure all Diseases by breathing on such as are affected with them; but this ought to be no more regarded than what we meet with in Pliny, of another Indian Nation, who lived towards the sources of the Ganges, who have no Mouths, and who are nourished by sweet Savours.<sup>3</sup> These are either absolute Fictions, or allegorical Accounts, which at this distance of Time, and perhaps, when Pliny him-

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<sup>1</sup> See the several Factums in that famous Cause, in which this Business of Fascinating by the Breath is largely treated.

<sup>2</sup> Plin. Histor. Natural. lib. vii. c. 2. Cael. Rhod. Antiq. Lect. lib. xiv. c. 21. The Name given to this Nation by these Authors is the Astomes.

self wrote them were not understood. He gathered most of his Facts from the Greek Writers, and they frequently disguised, as they sometimes falsified their Narrations. But these Fictions, which everybody can discern, ought not to prejudice Matters of Fact, of the Truth of which, any Enquirer may be satisfied.

There are in Spain, a Race of People, or as some Writers say, an Order of Knighthood, stiled Salutadores, who pretend to cure Wounds by breathing on the Patient, and repeating certain Prayers, which they affirm were taught by S. Elmo<sup>2</sup>. The Church of Rome has condemned this Fanatical Practice, and so do I ; but there is another somewhat related to this, which, whether Nature, or Chance first introduced into the World, is uncertain but which is not like ever to wear out ; and that is breathing on People in a Swoon, in order to bring them to themselves, which is found to be very effectual, as from natural Causes might well be expected. Let us then in all Cases of this Nature, distinguish between Reason, and report vulgar Opinion, and the Sense of capable Judges, the Practices of Mountebanks and Deceivers, and Deductions from Physical Principles, by Men of Learning and sound Sense. I do not however, deny, that popular Remedies have found Admittance into Physic, and ought there to be retained ; for, in Physic as well as in Chemistry, the Effects of Medicines are considered

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<sup>2</sup> Delrio Magic. Disquisit. v. ii. p. 114.

as Experiments, upon which wise Men Reason, and assign the Uses, though there might be another Sort of People who first found them out ; it is one Thing to prescribe rationally, and another to be lucky in Cures. Hoffman and Boerhaave, are the most different People in the World from Paracelsus and Van Helmont, who yet, were very extraordinary Men in their Way.

I do not imagine that Hermippus, by Reasoning, found out this Remedy against old Age ; I am inclined rather to think, it found out him, that is to say, by vigorous Effects, he was led to the Cause, and by feeling himself, revived by this Medicine, taught the Knowledge and Efficacy of it. If one was disposed to pursue the Method of the Antients, and to dress up this Story in the Garb which Plato wouold have given it, one might relate it thus.—

When the blooming Thysbe, whom the Graces adorn, and the Muses instruct, converses with the good old Hermippus, her Youth invigorates his Age, and the brisk Flame that warms her Heart, communicates its heat to his, so often as the lovely Virgin breaths, the kindly Vapours fly off full of the lively Spirits that swim in her Purple Veins ; these old Hermippus greedily drinks in, and as Spirits quickly attract Spirits, so they are presently mingled with the Blood of the old Man. Thus the Vapour, wh<sup>ch</sup> but a Moment before was expelled by the brisk beating of the Heart of Thysbe, is communicated by the Æther to Her-

## *The Sage's Triumph*

mippus, and passing through his Heart, serve to impreg-  
rate his Blood, so that almost without a Mortality,  
we may say, the Spirits of Thysbe give Life to Her-  
mippus. For, what is there more easy to apprehend,  
than that the active Spirits of this brisk and blushing  
Maid, should, when received from the Air, those the  
frozen Juices of her aged Friend, and thereby give  
them a new Force, and a finer Pomp; and thus  
Hermippus possessing at once the Strength his Nature  
retains, and borrowing fresh Spirits from the lively  
Thysbe, what Wonder that he, who enjoys the Sons  
of Life, should live twice as long as another Man?

Such had been its Appearance, if we had derived this fact from a German Sage, and then perhaps it had been honoured with numerous Commentaries, and laboured Expositions. But the Russians were a graver People, they ~~were~~ <sup>were</sup> delivered with delivering Truth in the Language of Truth, and thought, that like all great Beings, he looked in a plain Dress.

History informs us, that very numerous were the time in the Instruction, and of consequence at the Company of Youth, have lived to your Ages; this Gorjat, the Master of Instruction, and many other eminent Persons, lived to be well; the year before his Death amply demonstrated in his Science how he had been able to support so long the active functions of Age; the Author regretted the loss of

could reasonably complain ; "my Youth," said he, "cannot accuse me, nor can I accuse my old Age."<sup>1</sup> His Scholar Isocrates, in the 94th Year of his Age, published a Book, and survived that Publication four Years, in all which Time he betray'd not the least Failure, either in Memory or in Judgment ; but as he had long lived, so he died with the Reputation of being the most eloquent Man in Greece.<sup>2</sup> Xenophilus, an eminent Pythagorean Philosopher, taught a numerous Train of Students, till he arrived at the Age of 105, and even then enjoyed a very perfect Health, and yet he left this World before his Abilities left him.<sup>3</sup> Nicholas Leonicenus read the Physic Lectures at Ferrara, in the last Age, upwards of 70 Years, and Languis tells us, that when he heard him he was somewhat above 96, and to a Person who asked him, by what Rule he had acquired this green old Age, he answered, by delivering up my Youth chast to my Man's Estate.<sup>4</sup> Platerus tells us, that his Grandfather who exercised the Office of Praeceptor to some young Noblemen, married a Woman of thirty, when he was in the 100 Year of his Age. His Son by this Marriage, did not stay like his Father, but took him a Wife when he was twenty ; the old Man was in full Health and Spirits at the Wedding, and lived six

<sup>1</sup> Plin. Histor. Natural. lib. vii. c. 48. Valer. Max. lib. viii.

c. 13.

<sup>2</sup> Plutarch in vit. Isocrat.

<sup>3</sup> Plin. Histor. Natural. lib. viii. c. 50. Valer. Max. ubi supra.

<sup>4</sup> Melch. Adam. in vit. Germ. Med. p. 141.

Years afterwards.<sup>1</sup> These are Instances very surprising, and seem to argue, that the Company of young People is a great Preservative against old Age.

The celebrated Lewis Cornaro, so well known to the World by his elaborate Treatises on the Benefits of a Sober Life, amongst other Things that he relates of himself, tells us this; that when he first began his Regimen, he took home eleven little Nephews, all Sons of the same Father, and Mother, all fine healthy Children, whom he took the Pains to Educate himself; adding, that whenever he came from the Senate, he diverted himself with the innocent Mirth, harmless Sports, and inoffensive Tatle of the Youngsters. "Some of the Elder of them," says he, "entertained me more agreeably. They understand Music, often play upon the Lute, accompany it with their Voices, and I too," adds he, "frequently join my own, which is as clear, as strong, and as sweet as ever it was. I have likewise," says he, "composed a very diverting Comedy, the Scenes of which are diversified with an inoffensive variety of Wit and Humour that has in it an agreeable Turn of Thought, and quaintness of Expression. Comedy, you know, is generally the Child of Youth, as Tragedy is the Product of old Age. The latter on account of its Gravity and Seriousness, besetting more mature Years, whilst the former, by its Gaiety of Wit and Humour, is more agreeable to Youth. Now, if an ancient Greek

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<sup>1</sup> Plateri Observat. lib. 1. p. 233, 234.

Poet, though he was ten years younger than myself, was admired and celebrated for his having wrote a Tragedy, why should I be esteemed less Happy, or less myself, who have composed and published a Comedy? When I am confident, the same Poet, though he was ten years Younger than I am, yet had not a better Share of Health, or a livelier Imagination." <sup>1</sup> I make use of the Authors own Words, because Cornaro must, of all others, have best known himself, and the very Spirit he shews in reciting these Things, is a most evident Proof of the strength, vigour, and youthfulness of his Constitution. I will, however, mention another more modern Instance.

Francis Secardi Hongo, usually distinguished by the name of Huppazoli, was Consul for the State of Venice, in the Island of Scio, where he died, in the beginning of 1702, when he was very near 115. This Man was a Native of Casal, in the Montferrat. He married in Scio, when he was young, and being much addicted to the Fair-Sex, he had in all five Wives, and fifteen or Twenty Concubines, all of them young, beautiful Women, by whom he had forty nine Sons and Daughters, whom he educated with the utmost Tenderness, and was constantly with them, as much as his Business would permit. He was never Sick, his Sight, Hearing, Memory and Activity, were amazing; he walked every Day about eight Miles, his

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<sup>1</sup> See Cornaro's Benefits of a sober Life, p. 33.

Hair, which was long, and graceful, became White by that Time he was Fourscore, but turned Black at an Hundred, as did his Eyebrows and Beard at 112. At 110, he lost all his Teeth, but the Year before he died, he cut two large ones with great Pain. His Food was generally a few Spoonfuls of Broth, after which he eat some little Thing roasted; his Breakfast and Supper, Bread and Fruit, his constant drink, distilled Water, without any addition of Wine, or other strong Liquor, to the very last. He was a man of strict Honour, of great Abilities, of a free, pleasant, and sprightly Temper, as we are told by many Travellers who were all struck with the good Sense, and good Humour of this polite old Man.<sup>1</sup> The Reader will easily discern, that the Point upon which I chiefly insist, is his having continually young Company about him, especially young Women; for though neither himself, nor for aught I know any body else, ever remarked that this might contribute to the lengthening his Life, yet so the Fact might be, though unnoticed. It is indeed more for my Purpose to collect Accounts like these, where there is clear evidence of the Fact, I would establish before the Principle, to which I refer, it was ever thought of, than to quote Instances of a fresher Date, since the Thing might have been in my Head. These are instances that cannot be warp'd, I have cautiously cited my Authors, and sometimes the Words

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<sup>1</sup> Voyages de Tournefort, &c.

of the People themselves, so that I need not ask, where I can force Belief.

I will suppose then of our Hermippus, that he was a Tutor or Director of a College of Virgins, for since the Inscription tells us, not what he was, we may be allowed all the Freedom of a rational Conjecture. This College of Virgins, I conceive to be founded purely for the sake: of Education, and thereby affording a quick and constant succession of little Maids, from the Age of between five and six, to thirteen and fourteen. I imagine it might be requisite for the Health, as well as proper Instruction of these young Ladies, that they rose pretty early in the Morning, and this in all Seasons of the Year. In the Spring and Summer they might be allowed to walk and enjoy the refreshing Pleasure of rural Prospects, but always in the Company of their Director, who should be obliged to entertain them during the Walk, with seasonable and lively Stories. If this seeming extraordinary Mode of Education disgust Persons of a nice and prudish Taste, give me leave to observe, that the Greeks used it of old, and that it is still practised by all the Eastern Nations. Milesian, or Arabian Tales, in which a Vivacity of Imagination appears, with here and there a Ray of sound Judgment, suit best with tender Minds, and especially with feminine Understandings. Women are remarkably governed by Example, or to make Use of a Modern Phrase, by the Fashion. Why, therefore,

should they not be instructed by example? There is less Difference than most People imagine between real and feigned Stories. They differ but as Morning and Evening Shadows, the one is the faint Picture of what has passed, the other as lively a Representation of what may possibly come. In all other Respects they are alike. The Story of Alexander and Roxana, is now as much a Dream as any in the Persian Tales. One Advantage that Ideal relations have over Stories grounded upon Facts, is, that we may contrive them so as to avoid improper Circumstances, which cannot frequently be done with respect to the latter, but at the Expence of Truth. With such Discourses, after their early devotions were over, the fair Pupils might be entertained in Winter Mornings, and the Day be thus opened with a free, cheerful, and kindly Spirit, alike agreeable to his lovely Wards, and grateful to the good old Man.

After this Morning Exercise, I suppose that Hermippus, and his Female Pupils, retire in order to bathe, to dress, and to adorn themselves, all which I look upon as no less necessary for the old Man, than fit and convenient for the young Women. Every body knows, that the Antients were remarkably fond of Baths, and of Unctions, especially for old Men ; and the Arabian Physicians prescribe them once in a Week or Ten Days, and order some hot and well spiced Meat to be eaten after using them ; but to be sure washing, cleansing, and keeping the Body neat, as they tend to

make old Men pleasant and agreeable to such as converse with them, so they contribute not a little to their own Ease, and to the preserving that Suppleness in the Limbs, which is frequently attacked by old Age. On the other hand, elegance in Dress, and great Niceness about their Bodies, is of very great Consequence to the Preservation of such a Temper in these young Maids, as is fit to make them useful in that Way of which we are speaking. About Noon, after all this Exercise is quite over, I suppose Hermippus meats his Maidens with as much Clearfulness, as his Constitution will admit, while they receive him with that sprightliness that is natural to theirs. A short Conversation should precede a light, well-chosen and wholesome Entertainment, of which all feeding freely, but not to fulness, season the necessary Business of recruiting the Body with such ingenious and diverting Stories, as may amuse and recreate the Mind. After the Repast, Music, Vocal and Instrumental, and then a Walk, or if the weather will not permit it, some breathing exercise within Doors, to such a Degree as may excite Colour, but without forcing a Sweat.

The Evening should among such Company be chiefly dedicated to Diversion, the Ladies, and especially the youngest, should be indulged in all the little innocent Pastimes that contribute either to the Exercise of their Limbs, or the Improvement of their Wits, and these ought to take their Turns, according to the Rule prescribed by their Director. For Instance, after

Blindman's Buff, Hoop and Hide, or hunting the Hare, there should succeed Questions and Commands, Pictures and Motto's, Riddles, or something of the like Sort ; and last of all, two or three of the Eldest might gently lead them by a few grave Stories, into a fit Disposition for their Evening Devotions ; after which, they might return to their Dormitory, each having her proper Cell, but all open at the Top, as also the Director's Apartment, at the upper End. In a College like this, with such Company, and under such Regulations where all the Pupils are Chaste as Diana's Nymphs, fresh as the Spring, sweet as the Summer, harmless as the Winter, ever full of Life and Spirits, free from Diseases, Cares or Distractions of Mind, easy in their Tempers, affable in their Manners, fond of obliging, grateful when obliged ; I can scarcely imagine that any Man could spend his Time more agreeably than Hermippus, live freer from a Sense of Sorrow, or more remote from the Shadow of Death. By this Regimen, he might be provided with an almost continual Refreshment of their Odoriferous Breaths, and never lose their Company, but at Seasons proper for them and for him. His Blood would not only receive constant Supplies of Spirits from the artificial Atmosphere, constituted by this Contrivance, but his Genius also would be kept brisk and lively by a perpetual intercourse with Persons in the most active Period of Life. Secluded in such a Retreat, from all the hurry, all the Disorder,

all the Accidents that attend a Life of Business, he would easily escape Disquiet and Fatigue, removed from all the Views of Profit, Pomp, and Pleasure ; he would never feel the cruel Disturbance of any restless Passion, the desire of getting would never torment him, he would never be perplexed with the Fears of losing, if his Heart was at any Time touched with Pain, it must be at the parting with a Scholar, and even this would admit of some Relief, from the Pleasure afforded him by receiving a new Disciple. At least, these are the Comforts I have figured to myself, and such of my Readers as are blessed with more vigorous Fancies, may conceive him in Possession of still higher and more exquisite Blessings.

I am sensible it may be objected, that the whole of this Supposition is absolutely Arbitrary, that amongst the Romans, there never was any such College<sup>1</sup> as this under the Direction of any Man, nor for ought appears, in any other Nation. But then it is to be considered, that I have so stated it. If Hermippus was really nourished by the Breath or Women, as I have already shewn, it is very reasonable to believe he might, then we must conceive to ourselves some Occupation, some Way of Life in which he might easily, and constantly receive this comfortable Medicine ; and if the Account I have given be so far probable in itself, and free from Absurdity as to convey

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<sup>1</sup> Except it may be the *Puellae Faustinianae*, of whom we find some mention made in the antient Inscriptions.

clearly to the Reader's mind such an Idea as I would willingly have it, it is not all material whether there ever was such a College, for that comes not at all within my Assertion, it is sufficient for my Purpose, if such a College there might have been. Another Reader may, perhaps, devise some easier, clearer, and more probable Method of Interpreting this Inscription, if he does, I shall not dispute with, or envy him the Fertility of his Invention. My Account of the Matter serves to help the Notion I have formed of the Possibility of the Thing, and therefore as a Mathematician draws his Figures in order to explain the Propositions he lays down, so I have exhibited this Example, to illustrate the Doctrine that I would recommend.

One may likewise suggest, that most of the Examples hitherto alleged of the long Life of such as have taught young People, do not reach the Point I have advanced, in as much as they all confessedly belong to young Men. Yet, if this Objection affects what I have delivered, the Credit of the Inscription remains still untouched, since some understand it of Boys, though I incline to interpret it of Girls, for Reasons that will hereafter occur. But, whoever makes this Objection, must admit, at the Time of making it, that there is an extraordinary Efficacy in the Breath of young Men, no reason can be assigned why my Supposition should be held less reasonable. All things, therefore, that make in general in Favour of human Breath, or in favour of the Breath of young People,

tend to strengthen and support what I have laid down. As to those particular Circumstances which render female Breath preferable, it lies upon me to assign them, and this I shall do in its proper Place ; in the mean time give me leave to remark one thing more in favour of my fictitious History of the College of Virgins, *viz.* That the greatest men have thought it allowable to introduce such Descriptions wherever they have judged them requisite, or agreeable to the Subject of which they were treating. The learned Sir Thomas More, laid down a System of Politics in his Utopia.<sup>1</sup> Barclay has written an ingenious History in his Argenis, and the great Chancellor Bacon has exhibited the most beautiful of all Fictions in his History of the New Atlantia,<sup>2</sup> which History, If I mistake not, gave Birth to the Royal Society in England.

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<sup>1</sup> There are some Disputes about the first Edition of this Book; The famous Mr. Maittaire fancies, there was one in the Year 1516; but he is mistaken, the first Edition of it bore the following Title, De Optimo Republicæ statu, de que nova insula Utopia T. Mori libri duo, quibus prefiguntur Epistolæ Desiderii Erasmi, Gul. Budæi, Petri, Ægidii, ac in fine adjuncta Hieron. Bualidii Epistola. Basileae. Joan. Froben. 1518. in 4°, and has been printed very often since. It was translated into English by Ralph Robinson, in 1557, which Translation Bishop Burnet mistook for the Author's own; however, he ventured to make another translation in 1683, and a very good one it is. It was translated into Italian in 1548, but the Author of that Version is not known. There have been three Translations in French, of which that by Sorbire is esteemed the best.

<sup>2</sup> The Author is right enough in his Observation, Abraham Cowley borrowed his Notion of a Philosophic College from Lord Bacon's Atlantia, and from Mr. Cowley's Notion of such a College, the Royal Society had its beginning.

But I must not conceal two other Objections of far greater Weight, that have been made to this Doctrine of mine, by the ingenious Mr. Nunning.<sup>1</sup> If, says that learned Person, your System be founded in Truth, if there be really any such Vigour and Efficacy in the Breath of Women, or even of young Women, how comes it to pass, that those Men have not attained to any extraordinary Age, who are known to have had the greatest advantages possible in this Way? Upon this, he puts two Questions, Why, says he, did not Solomon, whose Wives and Concubines were so numerous, and who undoubtedly were young, beautiful, and kept entirely from other Men; Why did not this Solomon, continues he, live beyond the ordinary Age of Man; whereas, the Scripture tells us, that he did not reach that which is common in our Times? This is the first Objection, and it must be owned, that Mr. Nunning has put it very modestly, for Solomon had beside this, many other Advantages. He was undoubtedly, a great Philosopher, an excellent Naturalist, and understood perfectly the Art of conducting Life, to which we may add, that some have believed him an exquisite Anatomist, Physician and Chymist; so that if he died before Seventy, who was possessed of such extensive Power, such immense Riches, and such Wisdom

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<sup>1</sup> This Gentleman, a Cannon of Vreden, has published in Germany, in Quarto, a Work, entitled *Monumenta Monasteriensia*, which contains the Elogies of all the great Men who have been Natives of the Bishoprick of Munster.

as never centred in another Man, what Reason is there to suppose that such as are infinitely below him in all Respects, should acquire the Knowledge of that which was indubitably hid from him? This is the Case stated fairly, freely, and fully, for we mean not to cheat or deceive our Readers, but to inform and satisfy them ; our endeavour is not to give an Air of veracity to our own Opinion, but to rectify our own Notions by the Standard of Truth.

Mr. Nunning's second Objection, is fetched from the Seraglio's of the Turkish Monarchs. Why, says he, do not the great Lords of the Ottoman Empire, who have such Numbers of young and fine Women, always in their Power, live to a great Age? or rather, why since they have this Balsam of Life continually in their Possession, are they shorter lived than other Men? and that too, in a Country where there are more long lived People than in many others? This excellent Person might have fortified also this Objection, by extending it to the Shâhs of Persia, the Hân's of Tartary, the great Moguls, and all the other Eastern Princes, who in this respect, enjoy to the full the same advantages with the Turkish Sultans. I am not afraid of giving the utmost Weight to these Suggestions, because if I can fairly and clearly refute them, my Doctrine must appear, if not absolutely certain, much more probable, at least, and much more agreeable to Truth, than if these Objections had never been mentioned. I do indeed admit, that both are very plausible,

both seem directly destructive of my System ; but if notwithstanding all this, I am as I think, I am in a capacity of shewing that they do not at all affect what I have advanced, but that on the contrary when duly considered, they fortify it extreamly, then I hope the Reader will attend with the greater Satisfaction, to some additional Arguments that I shall offer in support of this Notion. It is the great Beauty of Truth, that the more we examine it, the more different Lights in which we place it, the more Pains we take in turning and twisting it, the more we perceive its Excellency, and the better the Mind is satisfied about it ; whereas Falshood, however fair it may appear when dress'd out to advantage, or set in a false light, yet it never can stand the Test of a strict and unbiased Enquiry.

The History of Solomon is very largely recorded in the Sacred Writings, and the Circumstances therein laid down, enable us to give such an Account of the Manner of that Prince's Life, that we need be under no Sort of Surprize at the earliness of his Death. He was, it is true, the wisest Man that ever lived, of which he has left us very noble Testimonies in his Writings. He was a great Politician, skilled in the Arts, and a perfect Master of the polite Literature of those Times ; but with all this, we see that he was a very voluptuous Man. Science and Pleasure engrossed him by turns, he would have pushed his Researches beyond the Bounds of human Nature ; and when he

found himself checked, then he began to complain of the burthen of Knowlege, and the tiresomeness of such Enquiries. To deliver himself from these Anxieties, to calm his Cares, to drown his Doubts, and bury his Apprehensions in Oblivion, he had recourse to sensual Delights, having constantly in his Seraglio a Multitude of fine Women, amounting, as the Author of the Book of Kings tells us, to seven hundred Wives, who were Princesses, and three hundred Concubines.<sup>1</sup> With these, he led an effeminate, lascivious, and profligate Life. These Women were of all Nations, Egyptians, Moabites, Ammonites, Edomites, Zidonians, and Hittites, and each endeavoured to recommend herself to his Favour, by all the studied Arts of Luxury.<sup>2</sup> Amongst such a heterogeneous Mass of Females, all corrupt in their Morals, all different in their Customs, all filled with Jealousy and Emulation of each other: What reason was there to hope either for Quiet, or for Health?

In the Description we have given of the Life of Hermippus, we have used our utmost Endeavour, to shew the means by which this Sovereign Medicine we are discoursing of, operates, and how it is to be employed. We suppose our old Man to be of a gentle, uniform, and pleasant Disposition, always easy, always content, and surrounded by Numbers of blooming Virgins, too young to have either their Bodies, or their

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<sup>1</sup> 1 Kings xi. 3.

<sup>2</sup> 1 Kings v. 1.

Thoughts tainted ; and we suppose these Persons spending their Time together, in chaste and innocent Amusements. But the Life of Solomon was the very reverse of this, his Thoughts were in a perpetual Hurry, his Mind in constant Agitation ; one Day deeply plunged in Philosophical and Metaphysical Contemplations ; the next sunk in sceptical Doubts, and gloomy Reflections ; the third giving a loose to his Pleasures, and abandoning himself without Restraint, not only to the Lewdness of his own Desires, but to the wilder Extravagancies of a Multitude of vicious Women. All this we learn, not only from Histories of indubitable Authority, but from his own Writings, where we see the Struggles of his Heart ; where we see his restless love of Pleasure ; his intemperate Thirst after Knowledge, and in consequence thereof his Agonies and Disquiet. Is there any likeness between these two Characters ? Can one imagine, that the Conversation of Women in such a Diversity of Circumstances, should have the same Effect on Solomon and Hermippus ? Or can it enter into the Head of any Man, blessed with a sound Understanding, that this, or any other Medicine, could defend Solomon from old Age, considering the Course he held ? Was there ever a Man that studied the Prolongation of Life, with more assiduity than Solomon laboured to shorten it ? Did he not harass his Spirits with intricate and Perplexed Enquiries ? Did he not vex himself with perpetual Questions about present and future

Felicity, which rendered it impossible for him to enjoy it? Did he not, by indulging his Passions, scatter the Seeds of Destruction? and did he not, by his Luxury and Intemperance, cherish and cultivate them, till they at last, as they always do, disturbed the Frame of his Mind, as well as ruined his Constitution? What wonder then that Solomon was no Long-Liver?

What I have said, will, I dare say, satisfy the worthy Gentleman who proposed this Doubt, and every Reader who seriously considers it. The Objection takes Solomon for a Person in that very situation wherein I would place Hermippus; but I have shewn this to be altogether groundless. The Objection takes it for granted, that I look upon the Breath of young Women to be a universal Medicine; whereas, I assert only, that the Breath of young Virgins in a particular Way, may defend a Person against old Age, who, by Temperance and Moderation defends himself against Diseases. But, besides what I have mentioned, I have yet something more to say as to Solomon, which I might have offered before, and which would have excused me from examining his Case at all, if I had inclined to have sheltered myself under any such Subterfuge.

All the Accounts we have of Solomon, suppose him to be under a particular Dispensation, and that he had recourse immediately to God himself, at least twice in his Life, so that this Man was not in the same Situation

with others, and therefore, not fit to be considered as an Example. I might push this further still, by observing, that God was pleased to promise him length of Days, if he imitated the Righteousness of his Father David; so that he had a much better Medicine in his Power, than human Wisdom could supply him with, and yet he knew not how to use it. The Scriptures say, That when Solomon was old, his Wives turned away his Heart after other Gods.<sup>2</sup> Oldness is here used in the Sense in which I understand it, that is, with respect to the Condition, and not to the Years of Life, for in that Sense, Solomon was not Old when he died, since he exceeded not Sixty-seven. The plain meaning, therefore, of this Text must be, that when his Vices had broken his Constitution, and weakened his Faculties, then these Women to whom he gave himself up, drew him to Idolatry, and these Nurses of his second Childhood, industriously taught him to fall. Drawn by their Delusions, he sacrificed both Titles to long Life, viz. That which Temperance gave him by the Law of Nature, and that which by an extraordinary Revelation he received from God himself. For this, no doubt included that, since we cannot suppose that God promised long Life to Solomon without an implied Condition, that he attended to the natural Means for attaining it; the Laws and Promises of God must be always rational, because they are made and propounded to reasonable Creatures.

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<sup>2</sup> 1 Kings v. 4.

After examining this Objection so fully, it will cause me much less trouble to clear up the other. For what can there be more contrary to, or irreconcileable with the Doctrine I have laid down, than the Lives led by Eastern Monarchs ; all Writers agree, that to give Strength and Firmness to the Body, there is nothing so necessary as Chastity in green Years. The Germans, as Tacitus tells us, were wont to preserve themselves from Women, till they were thirty at least, and this he assigns as the Principal Cause of their Robustness, Courage and Long Life.<sup>1</sup> Long before his Time, the Spartans had formed the same Notions, led thereto by reason and experience,<sup>2</sup> but with regard to the Asiatic Princes, they never know what Purity of Manners, and Chastity of Mind mean ; they are corrupted in their Mother's Nurseries, and the dissolute Temper of the Father prevents the Virtuous Education of the Son. While they are yet Striplings, they are permitted the use of Women, in order to enervate their Minds, and when they grow up, an effeminate Luxury becomes the prime Business of their Lives. Amongst such Men as these, shall we look for Health or Long Life ? Is this agreeable to the Rules of Wisdom or Science ; I mean to the natural Dictates of good Sense, or to the maxims of Physic ? If not, where lies the strength of the Objection ?

But besides all this, what if there be still a shorter,

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<sup>1</sup> De Morib. German.

<sup>2</sup> Plutarch. in Laco.

plainer, or more decisive Answer, which is, that we can never properly judge in this Case, because Experience teaches us that these Princes seldom or never die a natural Death. In the Field they are exposed to the common Chances of War, and if we look into the Turkish, Persian, or Indian Stories, we shall find at least a third part of their Monarchs have fallen in Battle. Again, consider them in their civil Capacity, and from the very Nature of an Arbitrary despotic Government, you must be sensible that they are continually liable to popular Insurrections, in which many of their Princes have likewise fallen. But if you pursue them further, and follow them into the Recesses of their private Life, as you will perceive them to be no way happier, so you will find them much less safe than any of their Subjects. The Intrigues and Jealousies of their many Wives, must always expose such Princes to a multitude of Dangers, especially in Countries where Poisons are very common, and where the most dexterous Use of them is common too.

But what if the sacred History, which furnished the first and strongest Objection, contains another History, which is the fullest, clearest and most satisfactory Proof that can be offered in Favour of the Opinion I espouse? The Case I mean is, that of King David in his old Age, which I shall State fully and fairly. It is said, that King David grew Old and stricken in Years, his natural Heat decaying to such a degree, that no Addition of Cloaths

could give him Heat ; in this Distress, the Physicians advised him, to the very Remedy which I recommend. Let there be sought, said they, for my Lord the King, a young Virgin, and let her stand before the King, and let her Cherish him, and let her lie in his Bosom, that my Lord the King may get heat. Accordingly Abiahag the Shunamite, was brought to the King, and of her we read, that she was a Damsel very fair, that she cherished the King, and ministered to him ; but the King *knew her not.*<sup>1</sup> This is the Story, as it lies in the Book, and from hence I think it plainly appears, that the Physicians of those Times were well acquainted with the Efficacy of this Remedy, and understood how Age might be benefited by Youth.

The famous Monk Roger Bacon, whom I have cited before, in his Treatise of the Cure of old Age, has a large Chapter upon this Subject ; though, as he wrote to a Pope, and in an Age no ways favourable to him or his Discoveries, he thought proper to conceal what he admits to be the most Efficacious Medicine it was in his Power to prescribe, under such dark and obscure Terms, that few I believe have reached his true Meaning. It may perhaps be suspected that I have deceived myself, and that having this Notion in my Head, I have found in Bacon's<sup>2</sup> Works, Things

<sup>1</sup> 1 Kings i. 1. See also the Commentaries of Munster, Grotius, &c., among the larger Critics, who all interpret these Passages of Scripture in this way.

<sup>2</sup> R. Bacon. *De Prolongatione Vitae.* c. xii.

that were never there ; for which Reason, as well as because I can offer nothing more curious, or more pertinent of my own, I will cite as much of his Book, as relates to this Subject, and leave it to my Reader to decide how far I do, or do not, do him Justice by my Comment.

“ I have read many Volumes of the Wise, I find few Things in Physic which restore the natural Heat, weakened by Dissolution of the innate Moisture, or increase of a foreign One. But certain wise Men have tacitly made mention of some Medicines, which is likened to that which goes out of the Mine of the noble Animal, they affirm, that in it there is a Force and Virtue, which restores and encreases the natural Heat. As to its Disposition, they say it is like Youth itself, and contains an equal and temperate Complexion; and the Signs of a temperate Complexion in Men, are, when their Colour is made up of White and Red, when the Hair is yellow inclining to Redness and Curling. According to Pliny, when the Flesh is moderate, both in Quality and Quantity; when a Man’s Dreams are delightful; his Countenance chearful and pleasant, and when in his Appetite of Eating and Drinking he is moderate. This Medicine indeed, is like to such a Complexion; for it is of a moderate heat, its Fume is temperate and sweet, and grateful to the Smell; when it departs from this Temperature, it departs so far from its Virtue and Goodness. This Medicine doth therefore temperately heat, because it

is temperately hot ; it therefore heals, because it is whole. When it is Sick, it makes a Man Sick. When it is Distempered, it breeds Distempers, and changeth the Body to its own Disposition, because of the similitude it hath with the Body.

“ For the Infirmitiy of a brute Animal, rarely passeth into Man, but into another Animal of the same Kind. But the Infirmitiy of a Man, passeth into Man, and so doth Health, because of likeness. Know most Gracious Prince ! that in this, there is a great Secret. For Galen saith, that whatever is dissolved from any Thing, it must of necessity be assimilated to that Thing, as is manifest in Diseases passing from one to another ; such as Weakness of the Eyes, and Pestilential Diseases. This Thing hath an admirable Property, for it doth not only render human Bodies safe from Corruption, but it defends also the Bodies of Plants from Putrefaction. This Thing is seldom found, and although sometimes it be found, yet it cannot commodiously be had of all Men. And instead of it, the Wise do use that Medicine which is in the Bowels of the Earth, complete and prepared, and that which swims in the Sea, and that which is the square Stone of the noble Animal ; so that every Part may be free from the Infection of another. But if that Stone cannot be acquired, let other Elements separated, divided, and purified be made use of.

“ Now when this Thing is like to Youth that is of temperate Complexion, it hath good Operations ; if

its Temperature be better, it produceth better Effects ; sometimes it is even in the highest Degree of its Perfection, and then it operates best, and then there is that Property whereof we have spoken of before. This differs from other Medicines and Nutriments, which Heat and Moisten after a certain temperate Manner, and are good for old Men. For other Medicines principally Heat and Moisten the Body ; and Secondairly, they strengthen the native Heat ; but this doth principally strengthen the native Heat, and after that, refreshes the Body by moistning and heating it. For it reduces this heat in old Men, who have it but weakly and deficient, to a certain stronger and more vehement Power. If a Plaister be made hereof, and applied to the Stomach, it will help very much, for it will refresh the Stomach itself, and excite an Appetite ; it will very highly recreate an old Man, and change him to a kind of Youth, and will make Complexions by what means soever depraved or corrupted better.

“ Many wise Men have spoken but little of this Thing, they have indeed laid down another Thing like it, as Galen in his fifth Book of simple Medicines, and Johannes Damascenus, in his Aphorisms. But it is to be observed, that Venus doth weaken and demolish the Power and Virtue of this Thing ; and it is very likely that the Son of the Prince, in his second Canon of Simple Medicines, spoke of the Thing, where he saith, that there is a certain Medicine concealed by

wise Men, least the incontinent should offend their Creator. There is such a Heat in this Thing, as in young Men of a sound Complexion, and if I durst declare the Properties of this Heat, this most hidden Secret should presently be revealed. For this Heat doth help the Palsical, it restores and preserves the wasted Strength of the Native Heat, causeth it to flourish in all the Members, and gently revives the Aged."<sup>1</sup> These are precisely the words of Fryar Bacon; the Thing now to be considered is, whether we have rightly interpreted them, or whether they are capable of any juster, and more natural Sense, which after a few Reflections on the Motives which have determined us, shall be left to the Reader's Judgment.

<sup>1</sup> A brilliant specimen of rigmarole.—E. M. G.







COLLECTANEA ADAMANTÆA.—VI.

**Hermippus Redivivus:**  
OR  
THE SAGE'S TRIUMPH  
OVER  
**Old Age and the Grave,**

Wherein, A Method is laid down for Prolonging  
the Life and Vigour of Man. Including  
A Commentary upon an Antient In-  
scription, in which this great Secret  
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ous Authorities. The whole  
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1885.

COLLECTIVE ADAMANTAE - 1

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THE SAGE'S TRIUMPH

REVIEWS

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## HERMIPPUS REDIVIVUS.

### *PART II.*

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SOME have entertained an Opinion, that the mysterious Preparation alluded to by Bacon was no other than the Quintessence of human Blood ; but whoever considers the Description of it in all its Parts, will easily discern, that it can be no such thing, since the Odour or Scent of it is recommended on account of its grateful Sweetness ; besides, Quintessences are taken inwardly, whereas, he directs the Medicine to be applied as a Plaister to the Stomach, and indeed the other Marks agree with such a Quintessence as ill as this. Others have believed, that our Author intended here to describe a kind of precious Stone, but such must be absolutely unacquainted with his manner of Writing ; for he is no affecter of Misteries, in order to strike his

Reader with Amazement, or to raise his own Reputation ; both of these things he justly contemned. His Obscurity proceeds from this, that at the Time he wrote, he was in Prison for writing against the Philosophy that was then current, and he addressed this Book to Pope Nicholas IV. his Prosecutor, in order to obtain his Pardon ; but being doubtful how far it would operate, he was very cautious in Writing, that he might not afford room for a second Accusation of laying Things secret in their Nature open to vulgar Capacities. Now, if he was here describing a precious Stone, why should he talk so darkly ? This certainly did not require so much Pains to be taken to hide it, and so far would such a dark Account have been from serving his Purpose, that it would have been visibly contrary to his Design, by leaving Room for extraordinary Conjectures, where, without the least Danger, he might have spoken out. Whereas, if our Interpretation be admitted, there was the utmost Reason for all this Caution ; his Apology is perfectly reasonable, and all the Doubtings and Hesitations that are thrown in, appear so many modest Excuses, very artfully and very properly placed.

Let us consider this Description of Bacon's, and compare it with the Picture drawn by the Hand of a Greater, and still more knowing Man, and we shall be apt to think that we hear Solomon describing the lovely Shunamite. Look upon Bacon's Words again, and imagine the thin Veil to be removed ; you will

then see the perfect Figure of this Damsel that was very Fair ; you will discern the Rose of Sharon, and the Lily of Damascus ; her Hair like Purple, in curling Locks ; her two young Roes that are Twins, feeding among Lilies ; her Head filled with the Dew, and her Locks with the Drops of the Night ; her Countenance fair as the Moon, clear as the Sun ; her Fruit sweet to the Taste, as she sets under the Shadow with great Delight ; her Spikenard and chief Spices, while the South Wind blows upon her Garden, that the Spices thereof may blow ; her Well of living Waters, and Streams of Lebanon ; and here the fairest among Women is wounded by the Watchmen, and then her Beloved departs.

This Commentary sufficiently explains the Text, but to put it beyond Doubt, and to apply all this effectually to my Subject, I shall touch gently on two or three remarkable Passages. In the first Place, our Author says, that this Medicine is liken'd to that which comes out of the Mine of the Noble Animal, and what can this Mine be, but Woman, in whom, as in a Mine, the noble Animal is formed. Then again, our Author says, the Infirmitiy of a brute Animal rarely passes into Man, but into another Animal of the same Kind ; but the Infirmitiy of a Man passes into Man, and so does Health because of Likeness. Here he lays open a great Secret in Philosophy—viz., That there is a Sympathy in Health, as well as Contagion in Disease, and that as a Morbid Breath

infects, so a wholesome one may exhilarate. Taken in this Sense, nothing can be easier, plainer, or more rational, nor is there any other Sense the Words literally taken can bear. The last Passage I shall remark is, when he observes, that Venus weakens and diminishes the Power and Virtue of this Remedy. How exactly does this agree with the pertinent Reflection of the Author of the Book of Kings, when repeating the Uses David made of Abishag ; he says, with a particular Emphasis, *but the King knew her not?* A young Virgin taken in this Manner, recalls Heat and Life into an old Man ; but if forgetting that this is a temporary and artificial Vigour, he uses it as if it were a natural One ; he may indeed give Life to another, but it will be at the Expence of his own. When these Exploits are related to us as Marks of old Men's Vigour, we should set them down as Marks of their Folly too ; for as Solomon says, that there is a Time to be born, and a Time to die ; so Nature and true Philosophy teaches, that there is a Time to beget, and a Time to abstain from begetting.

I will take the Liberty also of drawing some Advantage even from the second Objection, since, with respect to Eastern Princes, though it be true that most of them die early, yet is it no less true, that where they do not die violent Deaths, they frequently live to a great Age ; as for Instance, Shah Abbas, and Aurenzebe. Now if we consider the immense Fatigues of these Monarchs, the many Battles they

fought ; the tedious Marches they made ; the variety of Dangers they run through, and the vast Expence of Spirits that a Life of such continued Action, such intense Thought must occasion ; it will not be easy to find in a Country, where the Art of Physic is far from being so perfect, as it is even in Europe : I say it will be hard to find in such Places, any Medicine capable of producing so extraordinary an Effect, if we exclude this of which I am speaking. For though I am very doubtful, and therefore lay no stress on the Wholesomeness of the Breath of Women ; yet, in the Seraglios of such Princes, there are always so many Virgins, and these of such near access to the Person of the Prince, that I cannot but apprehend his Vigour and Health, to be greatly supported by these odiferous Streams of salutary Air. I cannot help adding what seems to be still a stronger Argument in favour of my Supposition, and that is that the Arab Princes scattered through the Dominions of the Grand Signior, who are less exposed to foreign Wars, or domestic Intrigues, than other Oriental Princes, actually live beyond the ordinary Age of Man, and die at last as every Man ought to die, because their Blood can run no longer. At least, I have a right to make use of a Circumstance so probable as this is, in support of my Opinion, when it is thought reasonable to take a Fact, which has only a superficial Resemblance to the Case I have stated, as a sufficient Ground for an objection against the Position I am endeavouring to make good ; Probability is cer-

tainly nearer akin to Evidence, than a bare Similitude of Circumstances, which vanishes upon a strict Examination.

After these Excursions, let us return to a more strict Examination of our Subject: I have already shown how the Breath of Virgins may operate upon old Men, when mix'd with the common Air, and so respired by them. But let us consider a little, whether these numerous and subtile effluvia may not operate some other Way than this. All Physicians agree, since the Doctrine of the Circulation of the Blood has been established, as well as made known to the World, by the Skill and Learning of that incomparable Englishman Doctor Harvey;<sup>1</sup> that a great Part of our Aliments, after entering the Blood, are thrown out from thence in so imperceptible a Manner, that this kind of Evacuation, is very properly stiled insensible Perspiration. This was first carefully examined by Sanctorius, who found that it was far more considerable alone, than all the other animal Secretions taken together.<sup>2</sup> If this be so, and that it

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<sup>1</sup> Our Author here alludes to the remarkable Felicity of Doctor Harvey, who first found out, and then fully demonstrated the Doctrine of the Circulation of the Blood, which was at first as most new Inventions are, opposed with great Heat and Spleen; but came at last to be as generally received and admired, as it deserves. Doctor Harvey died in 1657, thirty Years after he first published his Discovery in his *Exercitatio Anatomica de motu cordis*, printed at Francfort, in 1627.

<sup>2</sup> See his famous *Treatise de Medicina Statica*, which the English Reader may consult in his own Language. Translated by the judicious and indefatigable Dr Quincy.

is so, no Man in his Senses now doubts, then it follows, that there must be Prodigious Quantities of the Matter of this insensible Perspiration, mixed in the Air, surrounding the Perspiring Bodies, and consequently this Air, must be impregnated strongly with the Qualities inherent to that Matter.

If we push this Enquiry still further, and labour to make ourselves acquainted with the Nature of the Particles that are thus thrown off, a little Attention will make that Matter plain. For since insensible Perspiration is owing to the Circulation of the Blood, it necessarily follows, that the Particles thrown off by the Blood, must partake of the Nature of that Fluid from which they are thrown off. Now we know the Blood of young People to be soft, oily, and balsamic, as well as we can know any Thing, because this appears to us from its Effects, which are a brisk and lively Disposition; perfect Health, and quick Growth, to all which, a Blood thus constituted, is absolutely necessary. Upon these Principles, it is plain, that the Matter perspired by young People in such Circumstances, as I have supposed the Pupils of Hermippus to be, must have all the Qualities of their Blood, and be a soft, smooth, slippery, balsamic Steam, continually flowing from their Bodies, and as they are constantly drawing in the Circumambient Air, and continually throwing off this Matter, they must, in the compass of a few Hours, absolutely change the whole Mass of Air, in a Room where they are taught

by their Preceptor, who in that Case, will receive into himself a large Proportion of this perspirable Matter, in the same Manner that it is thrown off by them.

There are many People, I know, who will be apt to treat this Part of my Discourse as Whimsical and Chimerical, and for this very Reason, I have not insisted upon it so largely as I might have done, or in such strong and direct Terms. I might have entered nicely into the Computations that have been made of the Quantity of Matter thrown off in this Way, and from thence I might have deduced many Curious, and to competent Judges, convincing Proofs ; but I affect not this critical kind of Writing, which might possibly deprive me of a great Number of Readers, and secure the Assent only of those who are least likely to carry this Doctrine into Practice. But let me have leave to observe, that what I have laid down is an indisputable Fact, and not among the Number of those about which much has been written, and nothing settled. Sanctorius who first treated this Matter judiciously and practically, had the Honour to perfect his Discovery, and to carry the Matter as far as it could go, and this in the best Method, I mean that of Experiments ; for he had a Chair fixed on a Ballance, and in such a Manner accommodated with Springs, as to discover the slightest Alteration in his Weight. By the Use of this Chair, and by constant Observation of what he Eat, Drank, Perspired, and Evacuated every other Way ; he came at the certain Knowledge of

what he has delivered, and therefore we may with the utmost Confidence believe, that at least, one half of what we eat or drink, after passing through the Blood, is thrown off in the way I have described.<sup>2</sup>

A very ingenious Frenchman, to whom the World is indebted for as profitable, and at the same time as pleasant a Work, as any published of late Years, has endeavoured to illustrate this Doctrine by a very-well contrived Fiction, which I will repeat to the Reader, because nothing can serve my purpose better, as I am persuaded nothing can entertain him more.<sup>3</sup> "The Day after our Arrival at London, several Tradesmen came to our Lodgings, in order to sell us the Commodities and Curiosities of their Country. Every one of the Company fixed readily his Attention on what pleased him most. Some bought Gloves, others Ribbons, and others Silk Stockings; the Merchandise which fell to my Share, was several Perspective Glasses and Microscopes. He who sold them was an excellent Mathematician, a Man of great Capacity, and could speak French tolerably well.

kept him to Dinner, and as he was mighty well

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<sup>2</sup> We must consider, in reasoning upon this Subject that Sanc-tius wrote in Italy, where the Perspiration may be reasonably supposed to be much greater than in Northern Countries, which our Author was aware of, and has made a proper Deduction for.

<sup>3</sup> Mélanges d'Histoire et de Littérature par M. de Vigneul-Marville, Tom. II. p. 461. It may not be amiss to observe, that this is not the true Name of the Author of that curious Book, but one under which he chose to hide it, on Account of some free Censures contained in that diverting Miscellany.

pleased with the Entertainment, he told me after he rose from Table, that he had a great Curiosity to shew me. He then took out of a Shagreen Box an Instrument in a Tortoiseshell Case, which proved to be a most excellent Microscope. I may well bestow this Epithet upon it, since it was so excellent, as not only to discover an infinity of Bodies imperceptible to the naked Eye, but even the Atoms of Epicurus, the subtle Matter of Descartes, the Vapours of the Earth, those which flow from our own Bodies, and such as derive to us here the influence of the Stars.

"The first Experiment I made was looking on the Person from whom I receiv'd it, at the Distance of four or five Paces, which gave me an Opportunity of discerning an infinite Number of little Worms, that were feeding most voraciously upon his Cloaths, by which I perceived that contrary to the common Opinion, it is not we who wear out our Cloaths, but they are fairly eaten off our Backs, by these invisible Insects ; I changed my Situation, and considering my Mathematician in another light, he appeared to me enveloped in a dark Cloud. He told me that this Appearance was owing to his perspiring strongly after Dinner, and that this ought to convince me of the Truth of what Sanctorius had delivered in respect to the Proportions, between this and other Secretions.

"We next went into the Kitchen, where there was a large piece of Beef roasting for the Servants, and I had the pleasure of seeing with the same Microscope,

how the fire separates all the Parts of the Wood, upon which it acts and darts them by the violence of its Motion against the Beef that turns before it, wounding it as it were with an infinite number of Shafts, and so tearing it to Pieces, some of which are converted into Juice, and others into a delicate kind of Smoke or Vapour, which filled the Kitchen, and was sensibly distinguished by our Nostrils.

"Going out of the House, we saw four young Men playing at Ball. I, at first Sight, felt a strong Inclination in Favour of one, and as strong an Aversion against another, whence I began earnestly to wish that this might win, and that might lose. I examined both with the Microscope, and thereby easily distinguished the Source of these Passions. As the Men were extreamly heated with their Exercise, they perspired strongly, so that Clouds of the Matter flowing from them, reached us. My Glass shewed me distinctly, that the Matter perspired by him for whom I had an Inclination, was exactly similar to what was perspired by myself; whereas the Matter flowing from the other Person, was absolutely unlike to mine in all respects, and so jagged and bearded, that it seemed to wound and pierce me like so many Arrows. Hence I discerned, that the true Cause of our sudden Inclinations and Aversions, consists in the Figures of the Matter perspiring from us, and from others, and in the Union or Contrariety of these insensible Vapours.

"We went out of the City, and at some Miles distance, we saw some Gentlemen diverting themselves in Coursing a Hare; as the poor Creature passed almost close by us, I had just time to catch a Glance of her with my Glass. She appeared to me like a Ball of Fire, moving with prodigious Rapidity, and leaving a mighty Smoke behind her. This was the Matter perspired by the Animal, and I saw that the Dogs followed exactly the Track of that Smoke, and were never at all at a Loss, except when the Wind dissipated the Cloud that issued from the flying Hare."

In this short Account, our Author very ingeniously rallies such as expect to have ocular Demonstration of Things, that do not admit of any such Evidence. His Microscope is nothing more than an Invention to censure their Folly, and to expose the Madness of having that verified to the Senses, which can only be apprehended by Reason; yet this kind of Weakness still prevails in the World, and I dare say, there is many a Reader who would laugh at the Story of the Hare, as an absolute Fiction, and afterwards blush to see the same Thing gravely laid down by so judicious, so intelligent a Person, as the great Boerhaave.<sup>1</sup> There

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<sup>1</sup> See his Chymistry, vol. i. p. 151, wherein his Words are thus translated. The most subtle Part of the Juic.s of Animals is a fine Spirit, which is continually exhaling, wherein the proper Character of the Animal seems to reside, and whereby it is distinguished from all others. This we may infer from Hounds, which through a long Tract of Ground, and a Multitude of cross Treads, will distinguish a particular Animal out of a whole Flock; the Effluvia of whose Footsteps it had lately scented, or

seems to be nothing more unintelligible or absurd than to assert that there are Things which are continually losing part of their Weight, and yet never grow discernably lighter ; and yet this we see in the Case of the Antimonial Cup, which when five hundred Times made Use of, and after bestowing an Emetic Quality on five hundred Glasses of Wine, remains just as heavy as it was at first. We may say the same Thing of the Odoriferous Effluvia of Amber-grease, and the less agreeable Steam Assafætida. None of these Things can be brought under the Cognizance of all our Senses, it is sufficient to convince our Reason if they fall under any one of them. For Instance, if I plainly discern the Smell of a Rose at a certain Distance ; my Reason will tell me, that I am within the Atmosphere of that Flower, because it is impossible that I should discern its Odour by the Smell, if its Effluvia did not strike the proper Organ of that Sense in me. Hence, with a little Reflection, I can easily form a Notion of this Flower, perspiring an infinite Number of Odoriferous Particles, which for a certain Distance, so much overcome all the other different Sorts of Matter floating in the Air, as to become so many Objects of my Sense of Smelling.<sup>1</sup>

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will find out their Master through an hundred cross Ways, in the Middle of a confused Concourse of People. By this we may infer, how thin and subtile, yet how different from all other Kinds of Bodies these Effluvia must be. They seem of an oily Origin, or to reside in a subtile Vehicle of an oily kind, as may appear both from the Analogy of Things and other Properties.

<sup>1</sup> See a Multitude of these Instances collected, and properly applied in Mr Boyle's curious Treatise upon Gems.

But now, if we take this the other Way, and consider a Body continually perspiring such a Matter as is insensible to us, that is Particles so subtle as to escape the Cognizance of all our Organs of Sensation, we must be extremely dull of Apprehension, if we do not conceive, that this perspiring Body must have its Atmosphere, as well as the Rose, or any other fragrant Flower. It is, therefore, I think, a Point set past all Dispute, that if a Number of Virgins are in the Company of an old Man, he must derive from them into himself a great Quantity of that subtle Matter, the Qualities of which have been before described, and especially if we consider, that as these Effluvia escape through the Pores, the Pores must consequently be continually open, and if so, they must imbibe from without, as well as give Passage to what comes from within.

I doubt this will appear a new Paradox to many of my Readers, and methinks I see some of them ready to throw my Treatise out of their Hands, and crying with an Air of Self-Sufficiency and Disdain: "this poor Man is mad himself, and would fainmake us so." But Patience a little, give me leave but to propose a few familiar Questions, and I will defy you to disbelieve what I had laid down. Is there any Thing more common, than to find a Stranguary ensue upon the Application of a Blister, and yet how can this happen, if the Particles of the Cantharides did not enter through the Pores, and thereby create a diver-

sion of that Salt watery Fluid, which is usually secreted by the Kidneys, and composes what we call Urine. On the other Hand, it is a thing certain, that Opium used in a Plaister will procure Sleep, which it could not possibly do, if in like manner it did not find a Passage through the Pores into the Blood; I might likewise take Notice of an Effect that frequently, if not constantly, results from the Application of a Cataplasm of Camomile to the Stomach, the bitter Taste of which Herb, in the Space of two Hours, is discerned on the Palate. I will mention one Instance more, which is at once so strong, and so common, as to put the Matter quite out of Dispute; I mean the ordinary Method of raising Salivations by Unction; for whoever considers this attentively, must be sensible, that the Body may be very strongly affected by Things that enter only through the Pores.<sup>1</sup>

I cannot help taking Notice of a very singular Passage in a French Historian, whose Character is perfectly well established, and which Passage in my Apprehension, may contribute not a little to render all that I have asserted equally Credible and Clear. This Author tells us,<sup>2</sup> that in the Year 1346, there broke out of the Earth in Cathay, which is that part

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<sup>1</sup> The Montpellier way of Salivating is still a stronger Proof of this, since it argues, that this Method of raising it, is safer, more equal, and better adapted to the Ends it is to answer, than that of taking things by the Mouth.

<sup>2</sup> Abrégé Chronologique de l'Histoire de France, par le Sieur de Mesenay, Tom. iii. p. 32.

of Great Tartary, bordering upon China, a certain Vapour, so prodigiously stinking, as to destroy all living Creatures. This, like a subterraneous Fire, after it once escaped, rolled over two hundred Leagues of Country, devouring even the very Trees and Stones, and affected the Air in a wonderful Manner. From Cathay, it passed through Asia and Greece, from thence it crossed over into Africa, and after ravaging that Country, it entered Europe in 1348, making such Havock in France, that not so much as a City, Village, or single House escaped, and from thence it passed into other Countries, so as to reach even the utmost Extremities of the North ; the Venom, says my Author, was so contagious, as to infect even by the Sight. It was remarked, that it continued exactly five Months in every Country through which it passed. In those Places where it was most favourable, it left only a third of the Inhabitants, in most about a fifteenth, in some, not above a twentieth Part. Can one conceive that an Exhalation should pass quite round the Globe, and produce such terrible Effects wherever it came, and shall we believe that Exhalations that are continually surrounding us, shall have no Effect at all ? Or ought we to apprehend, that if such dreadful Feats can be wrought by stinking and noxious Exhalations, there is nothing nutritive or Salutary to be performed by those of an opposite kind ? I must confess, that I see no ground for such a belief.

There is undoubtedly, as the learned Bacon lays it down, a healthy Sympathy, as well as a morbid Infection;<sup>2</sup> and as in Spight of all the Care and Caution we can take, we find it extreamly hard to guard against, and to ward off the latter; so by a Parity of Reason, it should seem, that of all the Methods contributing to Health, the former ought to prove the most efficacious: That is to say, we think there is no way hitherto laid down for preserving the Vigour of the Body, and thereby securing such a Supply of animal Spirits, as may support the Dominion of the Soul, in its full extent and activity, so feasible as this; which is suggested to be the Source of the Longevity, and Healthfulness of Hermippus. For if insensible Perspiration be made through the Pores, so that there is a continual Steam transpiring from every Body, then it follows, that where an old Man is constantly attended by many young Women, his Body must be surrounded with an infinite Quantity of the perspirable Matter flowing from them; and if on the other Hand, he not only perspires through the Pores, but also receives by them as has been already demonstrated, the finest and most Spirituous Particles of other Bodies into his own, then it is very evident, that

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<sup>2</sup> See vol. I., p. 53 in the Quotation from Bacon. If this Argument be not allowed, it will be hard to assign any rational Cause, why one Place should be more healthy than another; and to understand this Doctrine perfectly, the Reader ought to consult Mr. Boyle's Treatise of the Wholesomeness and Unwholesomeness of the Air.

such an old Man must be, as I observed before, in such a Situation, as will enable him to draw the greatest possible Benefit from this most comfortable Medicine.

The more strictly we consider the Structure of the human Body, and the certain Causes of Health and Sickness, the more Reason we shall find to be satisfied with, and to acquiesce in the System we have laid down. Reason and Experience have convinced us, that the Body is a Pneumatico-hydraulic Machine, composed of Fluids and Solids, and that a good Constitution, or healthy Disposition arises from the proper Motion of the one, and a due Circulation of the other. It is also no less certain, that this Motion, and this Circulation depend reciprocally on each other. For as the Circulation is obstructed, lessened, and in some measure stopped from the want of a proper Motion of the Solids, occasioned by their Loss of the true Tone and Texture which they ought to have ; so this very Loss on the other Hand, arises from their not receiving a timely and suitable Supply of Nutrition from the circulating Juices.<sup>1</sup> Hence that dryness, stiffness, and rigidity of the Fibres, which properly causes the Disease we call old Age, to prevent which, in a natural, rational, and physical Way, the only proper Method is, to provide a constant, equal, and effectual Supply of smooth Balsamic and Lubricating

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<sup>1</sup> Boerhaav. Institut. Medic. Sections 1053, 1054.

Particles from the circulating Fluids. If this could once be done, it is, I think, very apparent, that old Age could no more attack the human Body, than any other Disease, against which proper Precautions may be taken. But as it is not to be expected that human Wisdom should be able to perfect such a Method, all that we can reasonably hope for is, to arrive at some Proficiency therein ; so that though we are not able to prevent old Age, we may have it at least in our Power to retard it. It is in a Manner incredible, that by Art, a Man should be able to reach two or three Hundred ; but that he should live and enjoy Life to upwards of an Hundred ; the wisest of the Antients believed, and the Methods they prescribed and practised for this Purpose, are all founded upon my Principles, as appears from their Use of Frictions, Baths, and Ointments, all of which had been idle and improper, if they had not conceived it possible to charge the Fluids, by means of them, with such Particles as were fit to repair the Losses of the Solids.<sup>1</sup>

Hermippus undoubtedly made use of a far more rational, as well as efficacious Medicine. For we have proved by all the Methods, that the Nature of our Argument will allow, the Particles respired and perspired by young Persons in full Health to be the smoothest,

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<sup>1</sup> Instead of citing Physicians, I shall refer the Reader to Plutarch's learned Treatise on Health and long Life, where, in a narrow Compass, he will see the Sense of the best Writers in Antiquity on this Subject.

softest, and most Nutritive that can be conceived. On the other Hand, the Method he took in applying these, not only by receiving them in the Air every Time he drew Breath, but drawing them also in through all the Pores of his Body, by that sort of animal Action, which is in a manner Spontaneous, must have encreased their Effects, and taking this altogether, one cannot help considering him as a Person in a constant warm Bath, of the most spirituous and unctious Humours, which were continually pervading him, at the same Time, that by the Vapours of the young Peoples Breaths, he drank not so much Air as Life. But if we will add one Circumstance further, and that not at all forced and improbable—viz., That he caused some of these young People to lie with him, as David did Abishag; we shall then carry the Medicine to its highest Pitch, and shall easily apprehend, that during that Time of free and copious Perspiration he must have received such a large supply of Nutritive Spirits, as effectually refreshed his Nature, and restored in a great Measure that waste which is occasioned by performing the ordinary Functions of Life.<sup>1</sup>

We may add the last Degree of Force to this Manner of Reasoning, if we may be permitted to argue

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<sup>1</sup> The Opinions of many learned Physicians might have been cited in support of this Doctrine, if we had not been afraid of tiring the Reader too much; but if he is extreamly inquisitive, he may consult the following Writers. Christian. Forman. de Fascinat. Magic. p. 1014. Borellus Cent. iii. Observat. 28 Lan. de motu Transpirat. lib. ii. cap. ii. prop. iv. p. 56.

from Contraries. What is more common than to see a Woman advanced in Years, grow not only brisk and lively, but strong and healthy, by marrying a young Husband. She drinks his Breath, exhales his Spirits, extracts his Moisture, and thereby invigorates herself, while the poor Man suffers from the impure Contagion of her Breath and Vapours, and from the Malignity of this ill-chosen Union, sinks very quickly into apparent Weakness, and falls at last into what the common People call a Galloping Consumption. Strange ! that the Death of a young Man should result from his Marriage with an old Woman, and that the taking of a young Wife should repair the Waste, and prolong the Life of an old Man.<sup>2</sup> Yet, so it is, and upon this Subject I will venture to set down a remarkable Instance from the Writings of an unexceptionable Witness, one whose repute for Veracity is as well established as his Fame for Learning in general, and for his particular Skill in Physic.

The Person I mean is, Peter Lotichius, and the Example he gives us this. A Man, upwards of eighty Years old, married, after the Loss of his first Wife, a second, who was but twenty-five ; when they had been married about a Year, he fell into a very extraordinary and dangerous Distemper ; he grew at last

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<sup>2</sup> The Author has very judiciously omitted any Instance of this Kind, probably for two Reasons; first, because every Man's Memory may supply him with Examples ; and secondly, to avoid saying too much on a subject offensive to the Fair Sex.

so weak and low, that his Case was judged to be desperate. By degrees, however, he grew better, and as his Strength encreased, his grey Hair and white Beard fell off gradually, and his Skin likewise began to peel; soon after, a light, strong Hair began to peep through the Skin of his Head, which in time fell down to his Shoulders in strong natural Curls. His Beard came in the same Manner, and his Face acquired a beautiful and florid Complexion; in a Word, he became again a sound, lusty, and if the Expression may be allowed, a young Man, which his Wife was forced to attest, since she had by him afterwards several fine Boys.<sup>2</sup> This is an Instance much to my Purpose, since it proves the prodigious Efficacy of human Breath, and the Matter perspired by a juvenile Body. Yet, give me leave to observe, that this extraordinary Effort of Nature might possibly contribute to shorten the old Man's life, who without the Enjoyment of this young Woman, might have preserved his Constitution many Years, and have lived in the perfect Fruition of those Pleasures peculiar to the Mind, and for the Enjoyment of which it seems most rational, that Life should be prolonged.

There is something of the same Kind observable in the well known History of the Famous English long liver, Thomas Parre, and these particulars are very curiously distinguished by the great Anatomist Bartho-

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<sup>2</sup> Observat. Medic. lib. iv. Observ. 3.

lin, who set down his Account of him, not as a curiosity to please Children, but as a singular and memorable Fact, worthy of the Attention and Consideration of Men. This Parre, was born at Winnington, in the County of Salop, in 1483, and passed his Youth in very hard Labour, and which is as remarkable, in Sobriety and Chastity. At four-score, he married his first Wife Jane, by whom he had two Children, neither of which were long lived, or shewed any extraordinary Signs of Strength; the first died at the Age of a Month, and the second lived but a few Years. At an 102 he became enamoured of Katherine Milton, whom he got with Child and did Penance in the Church for it. Some Months before he died, the Earl of Arundel brought him up to London, and presented him to King Charles I., but through the change of Air, and in Living, he died soon after; though it was believed he might have survived many Years, if he had remained in his own Country, and led the same Life he was wont to do.<sup>1</sup> This Man was over-grown with Hair, and during the latter Part of his Life, slept very

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<sup>1</sup> Bartholin. Hist. Anatom. cent. v. hist. 28. p. 47, 48. Some accounts make Parre much older, and place his Death in 1651; I have consulted his Monument in Westminster-Abbey, and here I find he died on the 15th of November, 1635, Aged upwards of 152; when his Body was opened, his Bowels appeared very Sound, only the Lungs were somewhat injured, which was thought to be owing to the Grossness of the Town Air, and that he might have lived much longer, if on his first Complaint he had been let Blood.

much. In the same country lived the famous Countess of Desmond, whose Age was unknown to herself, but extreamly well supported by the Authority of others ; since from Deeds, Settlements, and other indisputable Testimonies, it appeared clearly, that she was upwards of an hundred and forty, according to the Computation of the great Lord Bacon, who knew her personally, and remarks this Particularity about her, that she thrice changed her Teeth.<sup>1</sup> We have it on the Credit of Alexander Benedictus, that there was a Lady of his Acquaintance, who at the Age of Fourscore, had a complete new Sett of Teeth, and though her Hair had all fallen off before, yet at the same Time she cut her Teeth it grew again, of like Colour and Strength as at first.<sup>2</sup> Bartholin, the famous Anatomist, whom I cited before, furnishes us not only with another Example, and informs us, it was procured by Art, but gives us also the Receipt by which it was done, and which he assures us was no other than an Extract of black Hellebore, dissolved in an infusion of Wine and Roses.<sup>3</sup> If I mistake not, the illustrious Boyle hath something to the same Purpose about the Quintissence of Balm.<sup>4</sup>

If we consider these extraordinary Relations atten-

<sup>1</sup> Verulam. Hist. vite et Mortis. Sir Walter Raleigh's History of the World. lib. I. cap. v. section 5.

<sup>2</sup> Donat. Hist. Med. mirab. lib. VI. c. 2. p. 300.

<sup>3</sup> Hist. Anatomic. cent. v. hist. 28. p. 51.

<sup>4</sup> See his Treatise on Specific Remedies. As to the Medicine its self it was contrived by Paracelsus.

tively, and reflect on the Weight of Evidence, with which some of them, and especially those of Parre, and the Countess of Desmond are supported, we must be satisfied, that the human Body is a Machine capable of very extraordinary Changes. For we ought to consider, that if we are at once brought to believe, that a Woman thrice changed her Teeth, it is as clear a Proof of the Possibility of the Fact, as if we had twenty other Examples. Now, if there be a Possibility of renovating human Nature, why on the one side should we not study it? Or why on the other, should this kind of Study be treated as a vain and fanciful Thing? If the Office of a Physician be Honourable; if there be something Noble and God-like in curing Diseases, in stopping the progress of Pain and Misery, and warding off the dart of Death for a few Years; there is certainly something much more excellent in the Art of renewing the human Body; securing Health and Vigour, thro' a long course of Years; keeping not only Death, but his younger Brethren Age and Decrepitness, at a distance. Let us remember upon this occasion, what I have already cited from the learned Monk Bacon; what says he, if Aristotle, Plato, Hippocrates and Galen, were Ignorant of this Secret; Is that a Proof that we shall not attain it? Were they not Ignorant of many other Secrets that are now commonly known; why then should we imagine the Barrier of Science fixed here, rather than any where else? Why should we

not find out the means of prolonging Life, as well as a Method for squaring the Circle? Is not the former, of as great Consequence to us as Men? Or is the latter, a more useful Proof of the strength of human Understanding? Let us proceed then; let us collect and compare (since the nature of the thing forbids other Experiments) such Examples as we meet with in authentic Histories; and let us in this, as in other Cases, Endeavour to convert History into Science, by observing nicely the particulars in every Relation, and endeavour thereby to trace out the manner of Nature's working; for if this can be once done, we shall be soon able to follow her Steps. If Nature at any time vouchsafes this favour to Men, it follows, that their Bodies have no incapacity of receiving it; that is to say, if every Man's Body was not so constituted, as to exceed by far the ordinary limits of Life, it could not possibly happen that any Man's Life should be so extended.

Father Maffeus, who wrote a celebrated History of the Indies, which has been always esteemed a perfect Model in point of Veracity, as well as the elegance of its Composition, gives us the following Account, after having related the Death of the Sultan of Cambaya, and the conquest of his Kingdom by the Portuguese. "They presented," says he, "at this time to the General, a Man born amongst the ancient Gangards, who are now called Bengalar, who was 335 Years of Age. There were various Circumstances which took from

this Account all Suspicion of Falshood. In the first Place, his Age was confirmed by a kind of universal Tradition, all the People averring that the oldest Men in their Infancy spoke of this Man's Age with Astonishment; and this old Man had then living in his own House, a Son of ninety Years old. In the next Place his Ignorance was so Great, and he was so absolutely void of Learning, that this removed all ground of Doubt, for by the strength of his Memory he was a kind of living Chronicle, relating distinctly and exactly, whatever had happened within the Compass of his Life, together with all the Circumstances relating to it. He had often lost and renewed his Teeth, his Hair, both on his Head, and Beard, grew insensibly Grey, and then as insensibly turned Black again. The first Age of his Life he passed in Idolatry; but for the two last Centuries of his Life, had been a Mohammedan. The Sultan had allowed him a Pension for his Subsistence, the continuance of which he begged from the General; the same Motive remaining, which had first induced the King of Cambaya to grant him a Subsistence, that is to say, his great Age, and the extraordinary Circumstances that had attended his Life, these prevailed on the General to grant his Request."<sup>2</sup> Thus far Maffeus.

But, as it may be very easily conceived, that

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<sup>2</sup> Historiarum Indicarum lib. xi. c. 4.

so strange a story as this must have created many Enquiries, and have either sunk in the World, or in consequence of those Enquiries, received abundance of concurrent Testimonies. I shall therefore beg leave to add some very remarkable Particulars in relation to this celebrated Long-Liver, from the Portuguese Historian, Ferdinand Lopez de Castegneda, who was Historiographer Royal. He tells us, that in the Year 1536, there was a Man presented to the Vice-Roy of the Indies, Nunio de Cugna, who was near 340 Years old. He remembered that he had seen the City in which he dwelt, and which was then one of the most Populous in the Indies, a very inconsiderable Place. He had changed his Hair, and recovered his Teeth four Times, and when the Vice-Roy saw him, his Head and Beard were black, but the Hair weak and thin. He asserted, that in the Course of his Life he had seven hundred Wives, some of which died, and the rest he had put away. The King of Portugal caused a strict Enquiry to be made into this matter, and an annual Account of the State of the old Man's Health, brought him by the Returns of the Fleet from India. This long-lived Person was a Native of the Kingdom of Bengala, and died at the Age of 370.<sup>1</sup> This History is in itself very curious, founded upon good Authority, and therefore transcribed from the Authors I have mentioned, by many

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<sup>1</sup> Hist. Lusitam. lib. viii.

curious and inquisitive Persons, who were also proper Judges of Cases of this Nature, and who have none of them intimated any doubt or suspicion as to the matters of Fact.<sup>2</sup> I therefore submit it to the Reader's consideration, whether it be not a matter worthy of Reflection ; that there is a certain Strength in the human Body, which assisted by some lucky Circumstances, enables it to renovate its self sometimes Once, as in the case mentioned by Lotichius, sometimes oftner ; as in that of the Countess of Desmond, who bred all her Teeth thrice ; and this Native of Bengala, who changed his Hair and Teeth four times ; and there is another Circumstance of which I cannot but take notice, as it favours my Doctrine very much ; that this Man who lived to an Age much greater than any, which we have as good Authority, had so many Wives, to the Efficacy of whose Breaths, and the insensible Effluvia of their wholesome Bodies, I should not scruple to attribute in a great Measure, his extraordinary Longevity. These I say, are Points which deserve to be considered, since if such a Power there be in the human Constitution, we ought not to despair of finding out Methods, which may contribute to its manifesting its self more frequently ; which would be certainly a far greater benefit to Mankind, than the bare Study of the proper Remedies for usual

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<sup>2</sup> Bartholin, Hist. Anatom. cent. v. hist. 28. p. 46. Camer. hor. Subsis. cent. II. c. 8. p. 278. Hakewill's Apol. p. :68.

and common Distempers. Let me add, that perhaps if such a Method could be found, it must also defend from almost all Diseases, by procuring such a Vigour, as should not permit the Entrance of them.

I have hitherto declined speaking of long-lived Animals, upon which, however, the great Lord Bacon has insisted much. Appollonius, if we may believe the Writer of his Life, discovered in Mount Caucasus, an extraordinary Secret in Natural History. There are Apes there, it seems, which feed upon a kind of Pepper, and these Apes are eaten by old Lyons, to renew their Strength and make them young.<sup>1</sup> I must confess, I suspect this to be rather an Allegory, than a Fable, and I should incline to interpret it thus ; that lofty and ambitious Spirits over-act the Bodies, in which they inhabit, and induce a premature old Age ; if this Effect be not prevented by frequently unbending their Spirits in the Company of humorous and diverting People, who are well enough marked out by Apes well seasoned. Thus Agefilaus the famous King of Sparta, when he was extremely old, amused himself by playing with young Children. The great Scipio diverted himself in the Company of Terence, and Augustus had always about him the most sprightly Wits of Rome. Cardinal Richlieu had sunk under the Fatigues of his Ministry, if from Time to Time he had not been relieved by the humorous Buffoonry

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<sup>1</sup> Philostrat. in Vit. Appolon. Tyan. lib. iv. c. i.

of Boisrobert. Lewis XIV. was as delicate in his Amusements, as great in his Councils, and shewed as true Judgment in approving a Play of Moliere's, as a Project of Louvois. We are not therefore to understand the Antients literally, when they deliver to us those Stories which appear to us incredible. But to return to long-lived Animals.

It is certain, that Eagles arrive at a great Age, and that they preserve almost as long as they live, that prodigious Strength which distinguishes them from other Birds. We know too, that the Eagle renews his Plumage annually, and it is not easy to conceive how this should be done without a total Change of its Juices. The Stagg is another long-lived Animal, though I cannot believe many of the Stories that are told about it. I mention it only that I may observe, that annually it casts its Horns, which is another Proof of the renewal of animal Juices. But this is still more conspicuous in the Viper, which in the Spring casts its Coat, and comes abroad Youthful as the Year. If the Eagle, the Stagg, and the Viper were not common to every Climate, I make no doubt that the Facts related of them would be treated as Fables; but as they happen every Day, and under our Eyes, we are obliged to own them for Truths. Yet, what use have we made of these Truths? Who can assign the Causes why these Animals live longer than others; or, how it comes to pass, that Nature grants them this Privilege of Rejuvenescency? Yet such an

Enquiry might repay our Industry abundantly.<sup>1</sup> It is said, that we learned Physic from Animals, that Dogs taught us the Use of Emetics, and that Birds put us in the Head of Glisters. If they were our Tutors in the lower Parts of Physic, why should we disdain their Instruction in this sublimer Part of that Science?

It is not only the Inhabitants of the Land and Air that attain to such vast Ages, such as dwell in the Waters seem to have yet a larger Share of Life, of which I will give one well attested Instance out of many. In the Year 1497, in a Fish-pond in Suabia, near Huilprin in Germany, they took a Carp of a prodigious Size, which had in his Ear, a Ring of Copper, with these Words in Latin. "I am the first Fish that was put into this Pond, by the hands of Frederick II. Governor of the World, the 5th of October, 1230." This Carp appeared to have lived 259 Years, and probably might have lived much longer, had he not been taken out. I cannot apprehend, that much use will ever be made of Examples of this Sort, because Fishes live in another Medium, and seem to have their Lives regulated by Laws different from those of other Animals.<sup>2</sup> We may say of them, that if they do not, like the Eagle, renew their Vigour, yet they seem never to grow old, or to express myself

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<sup>1</sup> Aldravand. Ornitholog. Gesner de Avibus lib. iii. Aristot. &c Animalibus.

<sup>2</sup> Johnston. Histor. Natur.

more clearly, Age with them seems exempt from InfirmitieS. The broken Claw of a Lobster grows again, which if seriously considered, is very wonderful, and it is generally believed, that most Fishes grow as long as they live, which if true, is not easily accounted for.

What I would infer from all these Hints, is no more than this, that Nature has furnished us with numerous Examples of what we seek, long Life with the Preservation of Youth. We see this daily in Birds, and in Beasts, in Fish and in Reptiles, and yet we set down satisfied, that speedy old Age, and premature Death, belong to us by the Law of Nature. Where is the Justice, where is the Consistency of this; especially, if we consider, that the Flesh of many long-lived Animals has a Quality wonderfully restorative? We know that mighty Things have been done by feeding upon Vipers, and not much less by living upon Shell-Fish; the Bone of a Stag's Heart is held to be a very high Cordial, the Reason of which is something Singular, and therefore I will take Notice of it.<sup>1</sup> This Bone is the strongest Proof of the Stag's Longevity, for it is nothing else but the Root of the Aorta, grown bony through a long Series of Years. We are therefore in the wrong to take it

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<sup>1</sup> This Bone of a Stag's Heart enters into all the Receipts of Bacon the Monk, as well as into all those that are mentioned by the Arabian Physicians; and as they transcribe Greek Authors, it is easy to see, that this Medicine was of great Antiquity.

or granted, that Nature has passed such a Sentence upon us, when the Record of Experience proves directly the contrary, and when we so plainly see that the Seeds of long Life are in long-lived Creatures. But we pass this Sentence and execute it upon ourselves. We sit down not patient, but dejected, under what we esteem a common Calamity, and desire rather to make the most of a short Life, than to fatigue ourselves with the Study of the means by which it may be prolonged.

I had almost forgot an Objection which has been started from a supposed Law of Nature, with respect to Animals, viz., That those have their appointed Times, and that most of them are but of very short Periods ; the great Lord Bacon hath taken much Pains to make this out, though with a better View than the supporting such an Objection, but after all, I very much doubt the Matter of Fact, viz. That there are any such immutable Laws, that Animals cannot transgress. For instance, it is said, that the Age of a Horse, I mean his extreme Age, is twenty or twenty-four ; History furnishes us with Instances that contradict this. I will mention but one ; Mezeray tells us, that a certain Duke of Gascogny paid his Homage to the King of Burgundy on a Horse that was an hundred Years old, and which was still vigorous and full of Mettle.<sup>1</sup> But admitting the Matter of Fact,

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<sup>1</sup> Histoire Abrégée, de France, Tom. i. p. 401.

where lies the Force of the Objection? Some Animals reach ten, and others it is confessed, live much beyond a hundred; what has this to do with the Life of Man? why should it prove, that we are stinted to Fourscore, more than that we have it in our Power to live as long as Stags and Eagles. It may be said, that there is a certain Gradation in these Periods, and that as each Animal has its assigned Term, so likewise has Man. But we proved the contrary of this, by all the Methods of Argumentation yet invented; we shewed it from Scripture, from Reason, from Experience; and if all this is not sufficient to baffle a Notion founded only on Fancy, why, let those who are fond of it, enjoy it. I do not think that Life ought to be forced upon People; my Creed goes no further than this, That if we seek we may find, if we knock it will be open'd; and this I am led to say, because I find it so in other Pursuits, where Men follow Nature, and not their own Notions. What mighty Discoveries has the Newtonian Philosophy afforded, which had been for ever hid from Men, if they had continued to follow the Visions of Descartes? How much more certain the Astronomy of our Times, than that of our Ancestors? Yet some say, that all these Discoveries are only lost Truths revived. Be it so, and let us return to the Search of that Truth which was known to Hermippus, and which has been so long lost to us.

If, therefore, after all that has been said, there remain yet any Doubts upon the Mind of the Reader,

we shall endeavour by all means to remove these, as well for the Sake of his Satisfaction, as that, after so much Pains already taken, we may not fail in our Attempt, and have this Dissertation considered only as a literary Amusement; whereas, we intend it as a serious and useful Discourse. The Antients, who seem to have studied this Matter with the greatest Assiduity, and whose Opinions generally speaking, on mature Examination, appear not altogether unreasonable to the Moderns; observe with respect to the Causes of old Age, that they are chiefly three. First, the Circumambient Air, which dries up the natural Moisture in Man, at the same Time, that the innate Heat of the Body consumes it, as the necessary Substance on which the Flame of Life must feed. The second is the Toil and Motion of the Body, which likewise wastes that aerial Humidity which is so necessary to Health and Life; the last is the Passions of the Mind, which according to the Sentiments of the learned Avicenna, have greater Influence than both the other Causes taken together, which will seem extreamly reasonable, if we consider how close a Connection there is between the Passions of the Mind and the Motion of the animal Spirits, which particularly appears in Madness, when we compare the Circumstances attending it, as a Disease of the Mind, with those by which it also appears to be a bodily Distemper.

Such as are acquainted with that mysterious kind

of Philosophy, which was in the highest Credit with the learned Vulgar of the last Age, and which is now as unreasonably discredited amongst the same People, and regarded only by such as enquire after Truths, and not received Opinions ; this Philsophy I say, teaches us, that there is a great Correspondence between the Body of the Earth, and the Body of Man, whence the Patrons of this Doctrine were wont to call the latter the little World, and the former the great one. Now, though there is something very fanciful in their way of treating this Matter, yet the Notion in its self is very just, and whoever examines it carefully, will find, that the general Laws of the Universe, are also the particular Laws of all the different kind of Bodies in it ; and hence it comes to pass, that as Man suffers and is destroyed for want of Moisture, so this is like to be the case of the World too, or at least would be the Case, if it did not receive foreign Supplies ; which the jndicious Sir Isaac Newton supposes it does from the Tails of Comets, the Watery Vapours of which, he imagines communicate with our Atmosphere for that purpose.<sup>1</sup>

This we must allow to be a rational, and probable Account of what for many Ages puzzled the Understanding of all Mankind ; and if so wonderful a Method as this is, be necessary to supply the Earth with Moisture, why should we think it strange, that

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<sup>1</sup> Philosoph. Natural. Princip. Mathem. lib. iii.

a new, and in some Measure unaccustomed way, should be the fittest for repairing that Humidity, which is so necessary to the well being of the human Body. The Universe is under the special Care and Direction of its infinitely wise Creator, who at certain Seasons therefore has provided it with such requisite Supplies ; but the Bodies of Men are in this respect left to their own Care, and if the Materials be within our own Reach, and our Faculties are strong enough to discover them, we have no more a right to complain that the Secret of preserving long Life is not discovered to us, than that the Art of baking Bread, of melting Ores, and refining Metals, or indeed any other Art was not revealed to our Ancestors in the earliest Ages of the World, but left to be the Reward of their Industry and Sagacity. The Furniture of Man's Mind, and the Structure of his Body, are both of them such, that if he has any Reason to complain, it must be of himself; and his Reflections upon Providence are not only impious, but ridiculous. He has it absolutely in his Power to be easy, and happy if he pleases. Health will always attend on Temperance steadily pursued, as Galen asserts in his Works, and manifested in himself by living to upwards of a hundred, without being attacked by either acute or chronic Diseases. Riches are not indeed within every Man's Reach, but there is something always at hand infinitely more valuable than Wealth, I mean Content. If to these Blessings we would add length of Days, why that according to

this Hypothesis is in our Power, and depends on our finding out a proper Supply of the aerial Humidity before-mentioned.

We have now the Clue in our Hand, and nothing can hinder us from extricating our selves from this Labyrinth of Doubts, about the proper Method of obtaining this Supply, but our own Negligence and want of Attention. We ought to remember that Heat and Moisture are from the very beginning the Principles of human Life. Let us reflect then, and see if we cannot discover whence these Principles arise. There is, I think, very little Difficulty in this Case, that of Heat is derived from the Male, that of Moisture from the Female. It is equally unnecessary and unbecoming me to introduce a Treatise of Generation in a Work like this; it is sufficient that I put my Readers in mind, that the enlargement of the Fœtus in the Womb, requires a very extraordinary Degree of Moisture in all Respects, and that this is entirely derived to it from its Mother. The Growth of an Infant is surprizingly quick, and this is owing to the Strength of the Vital Flame, the constant Supply of a proper Humidity, and the not being exposed to those Accidents which have been before-mentioned, I mean the Action of the Circumambient Air, bodily Motion, and the Passions of the Mind, from all which, Children while in the Womb, are in a great Measure free. This I think is so extreamly clear, and plain, that it is simply impossible for a Man to be in any Perplexity

about it, and therefore I shall proceed to the next Stage of Life, and enquire into the Method which is therein pursued by Nature.

In the State of Infancy, there is likewise an extraordinary Provision necessary of this humid Matter, not only sufficient for performing the ordinary Functions of animal Life, but also to facilitate the growth of the Child, and this too proceeds from the Mother. Nature has furnished her with Breasts, and with Milk, which is the most suitable Nutriment, that under such Circumstances, the human Body can receive ; and in extream old Age, when the body is a second Time reduced to the Feebleness of Infancy, Milk, and especially Women's Milk, is found to be of very great Use, and in consumptive Cases also, is allowed to be a most admirable Restorative. Hence I think it plainly appears, that the radical Moisture, so necessary to supply the Flame of Life, and to keep it not only alive, but vigorous and clear, is to be sought in Woman. I foresee one great Objection that may be made to this, viz. That I insist not on the Breath or Effluvia of Women, but of Virgins. Yet weigh the Cases thoroughly, and you will find all that I have advanced, very consistent. The Nourishment of a Child in the Womb, and an infant at the Breast, is a Nourishment no way fit for Persons in Years, and therefore I approve what Bacon delivers from the Arabian Physicians, viz. That Milk is an improper Diet for old Men. This hinders not its being useful when

People are quite worn out, for that may furnish Strength to a dying Flame, that would not advantage a Lamp in its ordinary Situation. Persons in the last Stage of Life, are frequently emaciated, and in this Case, Milk may help; but still there is a wide difference between the natural and gradual Decay of the human Body, and what the Physicians call a Consumption, there must be consequently a Difference in their Cure. Thus from certain and almost self-evident Principles, I have established the reasonableness of this Proposition, that the Breath and insensible Perspiration of Virgins in a young and healthy State, must be very salutary for old Men, and may very probably be a means of protecting them from those Infirmitieis, which usually attend an advanced Age. Now, in respect to this, it matters not at all, whether the Inscription I set out with be founded in Truth or not, neither is it requisite to believe that I have hit exacely on the Method used by Hermippus. The single Point in Question is, whether I have shewn that Sense in which I take this Inscription, to be agreeable to the Dictates of Reason, and the Laws of Nature; and as to this, every Reader must decide for himself. Before he does this, there is another sort of Evidence that he ought to hear, and which for the Sake of Truth I shall readily produce.







COLLECTANEA ADAMANTÆA.—VI.

**Hermippus Redivivus:**

OR

THE SAGE'S TRIUMPH

OVER

**Did Age and the Grave,**

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OVER

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BY  
JOHN D. COOPER  
ILLUSTRATED BY  
CHARLES E. COOPER  
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## HERMIPPUS REDIVIVUS.

### *PART III.*



THERE are two sorts of People whose Interest it is particularly to decry this Doctrine on a Supposition that it is destructive of their own, to which they are prodigiously, and perhaps unreasonably addicted : I mean the Astrologers and Hermetic Philosophers. I shall examine what both may object, rather for the Entertainment and satisfaction, than for the Conviction of the wiser Part of the World, who are already well enough apprized of the Credit due to these Virtuosi ; and when I have done this, I shall draw to a speedy Conclusion, from an Assurance that nothing more can be necessary to establish the Probability of this Method for preserving Health and Life, and for

defending our Bodies from the InfirmitieS of old Age as long as their Constitutions will permit.

The modern Patrons of Astrology, for such it seems there are, will probably pretend, that this Notion of Hermippus was a mere Fancy, and that if he really reached to an Age so advanced, it was not through the Assistance derived from the Breath of Virgins, but from the happy Position of the Heavenly Bodies at the Time of his Birth. It is, however, lucky for me, that they can never make good this Objection, because I presume their Art will not furnish them with the means of Constructing any Scheme of his Nativity. I know they may plead the Authority of Thomas Aquinas,<sup>1</sup> and other great Men who have given into these Opinions. I know, too, that they may produce some extraordinary Instances of the Verification of Astrological Predictions ; particularly those of Basil, who was so famous at Florence, and of La Brosse, at Paris, who were particularly happy in guessing at future Events, and in having their Predictions recorded by Historians of Credit.

The former of these foretold to Cosmo de Medici, then a private Citizen at Florence, that he would attain some very high Dignity, in as much as the Ascendant of his Nativity was adorned with the same

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<sup>1</sup> One strong Passage among many in his Writings, runs thus.  
Qui Sciret virtutes Cælorum et Stellarum dum res aliqua nascitur  
posset judicare de natura rei, licet hoc necessitatem non imponat,  
et posset impediti per Accidens. D. Tho. Secundo de Generatione.

propitious Aspects, as those of the Emperors Augustus and Charles V. had been ; and he was accordingly raised to the Dukedom of Tuscany, in the Month of January, 1434.<sup>1</sup> The same Greek Astrologer did, with equal Capacity, foretell the Death of Prince Alexander de Medici, and this with such confidence, as to paint out the Person by whose Hand he should die, and whom he affirmed to be that Prince's intimate and familiar Friend ; of a slender habit of Body, a small Face, and swarthy Complexion, and who, with a reserved Silence, was almost insociable to all Persons in the Court ; by which Description he did almost point out with the Finger Laurence de Medici, who murdered Prince Alexander in his Bed-chamber, contrary to all the Laws of Consanguinity and Hospitality, in the Year 1537.<sup>2</sup> But the great Misfortune is, that in those days it was shrewdly suspected, that these pretended Sages had better, and more certain Methods of penetrating into Conspiracies, than are afforded by Astrological Means, and I must confess myself inclined to suspect from the very manner in which this Prediction was delivered, that Basil was employed to caution Prince Alexander against his Cousin Lawrence, and that for want of Penetration, he fell into that Snare which he might otherwise have avoided.

The Instance of La Brosse, is more to the Purpose,

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<sup>1</sup> Dinoth. Memorab. lib. vi. p. 390.<sup>2</sup> Jovii. Elog. p. 320.

because better supported ; indeed, I think that it is the best attested Story of its kind. The Baron de Biron, afterwards the famous Marshal of that Name, being under some Difficulty about a Duel, went to La Brosse, and carried him a Scheme of his Nativity, but told him it was that of a Friend of his ; the Astrologer having considered the Scheme, assured him, that the Person whose Nativity it was, would infallibly be a great Man ; nay, that he might even come to be a King, but for the Caput Algol pointing to the Figure of the Dragon's Head in the Scheme. M. de Biron, who did not understand the Term, insisted on a clearer Account ; why then, replied La Brosse, through a Desire of being a King, this Man will do something that will cost him his Head. Provoked at which Answer, the Baron beat him unmercifully ; but he lived to fulfil his Prediction, having his Head cut off, as all the World knows, for a Conspiracy against Henry IV.<sup>1</sup>

Howmuch soever these Sort of Notions have been discountenanced by the prevailing of Experimental Philosophy, and true Science ; yet, where a Prince gives Ear to his own Praises, there will never be wanting such as will adopt Astrological Schemes, as well as other Things to flatter his Vanity. Nothing is easier than to give such a turn to a Piece of this Nature ; Men of sprightly Parts know how to

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<sup>1</sup> Invent. Gen. de France, par M. de Serres. p. 1051.

dress up the Face of Heaven upon such an Occasion, and to dispose properly of all the Signs and Planets, so as to raise mighty Expectations in the World, as well as the highest Pleasure in the Mind of the Prince they flatter.

Such were the favourable Influences of the Celestial Orbs, at the Birth of the late Lewis XIV. King of France. The Genethliac System may be seen in one of the Medals that compose the History of that Reign. The Gentlemen of the Royal Academy of Inscriptions, have observed the precise Position of the Planets, at the Moment of the Birth of that Prince ; round about this curious Medal, one sees the twelve Signs of the Zodiac, forming the twelve Houses, of this System the seven Planets appear in the same Degrees they occupied at that Time, the Sun which gives perfection to the other Planets, is in the mid Heaven ; Mars, the Lord of the Ascendant, in reception with Jupiter, the Protector of Life, and this is what they call the greater Fortune ; Saturn, the Enemy of Nature, is in his Dignities, which makes him less malevolent ; the Moon is in conjunction with Venus and Mercury, in his little House of Predilection, to ten Degrees of the Sun out of Combustion, and enlightened by his Rays, gives a Superiority of Genius in the most difficult and most important Enterprises, which his being in Quartile with Mars, is not capable to abate. The Nativity of Lewis XIV. was figured in the Middle of the Medal,

by a rising Sun, the King is placed in the Chariot of that glorious Planet of which Ovid has given us the Description. This Chariot is drawn by four Horses, guided by Victory. The Inscription is in these Words : “Ortus Solis Gallici,” The Rising of the Gallic Sun ; and the Exergue contains these other Latin Words : “Septembbris quinto minutis 38 ante Meridiem, 1638”—the 5th of September, 38 Minutes before Noon, 1638.”

I must confess, that this is a pretty Contrivance, and ingeniously put together ; yet I dare say, that none of the learned Gentlemen concerned in framing this Medal, ventured to predict any of the Clouds that obscured their Sun. No, they were too great Courtiers for that. But if this famous Medal give any Reputation to Astrology, I shall venture to lay down a few Observations which will free my Doctrine from all Inconveniencies. I observe, then, that as the happiest Nativities admit of natural Causes to Co-operate in bringing about what they portend, so it is not at all improbable, that if by some happy Accident we could gain a Sight of the Horoscope of Hermippus, it would show us, that Mercury well posited at the Time of his Birth, and beheld by Luna with a favourable Aspect, caused his Discovery of this mighty Secret, and enabled him to make such a use of the Breath of Virgins, that no Man ever thought of before. If the Astrologers are content to grant me this, I am willing to compromise the Matter, and

which, I think, is as much as they can expect, to allow this Doctrine to be derived from the Stars. But, if they are so tenacious of their own Notions, as not to accept of so fair an Offer, I shall recurr to my first Principles, and deny absolutely the Certainty of their Art, and demand as good Reasons for the Credit of Astrology, as I have produced in favour of my own System, before I enter the Lists with them. Affirmation is nothing in this Age, wherein men expect Proofs for every Thing. Let them shew us, then, that they can predict an Earthquake, Whirlwind, or so much as an Eruption of Mount Etna ; nay, let them but mark the Rainy, and Fair Days for a whole Year, in any Climate in Europe, and I will be content, that their Assertions weigh down my Evidence, and that the long Life of Hermippus shall be ascribed to a happy Conjunction of humid Stars, in the Sign Virgo, which was the Interpretation once offered me by a learned Astrologer of this Inscription, and which, together with my own Sentiments, I freely submit to the Judgment of the Impartial Reader.

Such as seek after Truth, disguise nothing, and are so far from being afraid of seeing their Opinion canvassed, and even refuted, that on the contrary, nothing pleases them better, because they are still gainers by the Dispute ; since, when Truth is once discovered, they have as much right to it, as he who found it. In the present case, if this treatise of mine should stir up any wiser man to look for a

better Solution of the Problem I have stated, and he should luckily fall on the genuine Method of Hermippus, he could not rejoice at it more than I, nor would he find any one more willing to own, or to applaud his Ingenuity. Let us read, let us meditate, let us dispute, but all for the sake of Truth, which is the great Property of Mankind, constitutes all our Happiness, and which it is therefore our common Interest to pursue. The Point I have now in view, is to discover the means of prolonging Life, without feeling the Infirmities of Age ; to the Discovery of which, if the Publication of this Treatise any way contribute, not my end only, but the end of Mankind is answered, and a most noble Point of Science will be illustrated, from what many might at first esteem an idle Dispute.

I shall not treat the Hermetic Philosophers altogether so briskly as I have done the Astrologers ; because, without doubt, there have been amongst them, many very excellent persons. I cannot take upon me to say, when they began to lay claim to the Universal Medicine, by which they pretend to preserve Life for many Centuries, at least, of which they say Artephias was an Instance, who lived by the Use of it, to the Age of 300, or as some say, near 1000. This is certain, that the Society of the Rosicrucians openly claimed it as one of the Privileges of their illustrious Body. Peter Mormius, who for ought I know, was one of the last of them

that appeared in Public, reduced their high Pretensions, which at first were very extensive, to the possession of three Secrets. Of these, the first was the Perpetual Motion; the second, the Art of transmuting Metals; and the third, the Universal Medicine. In the Book, published by this Mormius, there are abundance of curious Things, though he does not sufficiently explain himself, especially upon the last Subject.<sup>1</sup> It is, however, well enough known, that these Illuminati asserted, that they had a Power of prolonging their Lives for many Ages, nor is it very clear from their Writings, whether, what they are pleased to call the Philosopher's Stone, be not at once the great Secret of Transmutation, and of the Universal Medicine.

The clearest Account of this Matter that I have ever met with, is in the Answer of a French Adept, to Doctor Edmund Dickenson, Physician to King Charles II. and a profest Admirer of the Hermetic Philosophy. The Doctor's Letter is very plain and clear. He wrote to this Friend of his, in order to be thoroughly informed as to those Contrarieties, which he thought he had discerned in the Discourses of some

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<sup>1</sup> This Mormius went into Holland in the year 1630, where he demanded an Audience of the States-General, in order to tender them certain Propositions from the Fraternity of Rosicrucians, which they refused to hear; this did not, however, hinder Mormius from publishing a Treatise under the following Title, which is now become a scarce and valuable book, *Arcana totius naturæ Secretissima, nec hactenus unquam detecta, à Collegio Rosiano in Lucem produntur, Operâ Petri Mormii, in 24. Lugdundi Batavorum, 1630.*

of the Hermetic Sages. His Friend gives him a very plausible Answer to all his Objections, and to enforce the Belief of what he lays down, he puts the Doctor in mind of his having made Projection, that is, his having transmuted base Metals into Gold, more than once, before the Doctor in the King's Laboratory in Whitehall; as to the Universal Medicine, and its Capacity of extending the Life of Man for many Ages, he positively asserts, that it is in the hands of the illuminated Brethren, and gives many Reasons why they should be so extremely careful in concealing it. He goes so far as to insinuate, that it was in his own Possession.<sup>1</sup> I must own, I am astonished at such sort of Assertions, and more so, at some Relations well attested, that seem to favour the Truth of it.

There happened in the Year 1687, an odd Accident at Venice, that made very much stir then, and which I think deserves to be secured from Oblivion. The great Freedom and ease with which all Persons, who make a good Appearance, live in that City, is known sufficiently to all who are acquainted with it; they will not therefore be surprized, that a Stranger, who went by the name of Signor Gualdi, and who made a

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<sup>1</sup> The Title of Dr. Dickinson's Book, referred to by our Author, is, *De quinta essentia Philosophorum*. It was printed at Oxford, in 1686, and a second Time in 1705. There is a third Edition of it printed in Germany, in 1721. The Author was one of those very great Men, whose Merits are better known abroad than at home; he is mentioned by the learned Olaus Borrichius, and many other foreign Writers, with much Respect, and just Testimonies of Esteem for his extensive Knowledge.

considerable Figure there, was admitted into the best Company, though nobody knew who, or what he was. He remained at Venice some Months, and three Things were remarked in his Conduct. The first was, that he had a small Collection of fine Pictures, which he readily shewed to any Body that desired it ; the next that he was perfectly versed in all Arts and Sciences, and spoke on all Subjects with such Readiness and sagacity, as astonished all who heard him ; and it was in the third Place observed, that he never wrote or received any Letters ; never desired any Credit, or made use of Bills of Exchange, but paid for every Thing in ready Money, and lived decently, though not in splendour. This Gentleman met one Day at the Coffee-House with a Venetian Nobleman, who was an extraordinary good judge of Pictures : He had heard of Signor Gualdi's Collection, and in a very polite Manner desired to see them, to which the other very readily consented, After the Venetian had viewed Signor Gualdi's Collection, and expressed his Satisfaction, by telling him, that he had never seen a finer, considering the Number of Pieces of which it consisted ; he cast his Eye by chance over the Chamber Door, where hung a Picture of this Stranger. The Venetian looked upon it, and then upon him. This picture was drawn for you, Sir, says he to Signor Gualdi, to which the other made no Answer, but by a low bow. You look, continued the Venetian, like a Man of Fifty, and yet I know this Picture to be of

the Hand of Titian, who has been dead one hundred and thirty Years, how is this possible? It is not easy, said Signor Gualdi, gravely, to know all Things that are possible; but there is certainly no Crime in my being like a picture drawn by Titian. The Venetian easily perceived by his manner of speaking, that he had given the Stranger Offence, and therefore took his leave. He could not forbear speaking of this in the Evening to some of his Friends, who resolved to satisfy themselves by looking upon the Picture the next Day. In order to have an Opportunity of doing so, they went to the Coffee-House about the time that Signor Gualdi was wont to come hither, and not meeting with him; one of them who had often conversed with him, went to his Lodgings to enquire after him, where he heard, that he set out an Hour before for Vienna. This Affair made a great Noise, and found a Place in all the Newspapers of that Time.<sup>1</sup>

This Story agrees very well with what is said by Doctor Dickenson's Correspondent, who observes that the Adepts are obliged to conceal themselves for the sake of Safety, and that having a Power not only of prolonging their Lives, but also of renovating themselves, they take care to use it with the utmost Discretion, and, instead of making a Display of this wonderful Prerogative, they manage it with the utmost Secrecy, which he lays down as the true Cause of the

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<sup>1</sup> *Memoires Historiques*, 1687, Tom. i. p. 365.

World's being in so much Doubt about the Matter. Hence it comes to pass, that though an Adept is possessed of greater Wealth than is contained in the Mines of Peru, yet he always lives in so moderate a Manner, as to avoid all Suspicion, and so as never to be discovered, unless by some unforeseen Accident, like that which happened to a famous English Artist, who disguised himself under the Name of Eugenius Philalethes, and whose true Name is said to be Thomas Vaughan, the clearest and most candid Writer of all the Hermetic Philosophers.<sup>1</sup> He tells us of himself, that going to a Goldsmith, in order to sell twelve hundred Marks of fine Silver, the Man told him at first Sight, that it never came out of the Mines, but but was the Product of Art, as not being of the Standard of any Nation whatever ; which surprized Philalethes so much, that he withdrew immediately, and left the Goldsmith in Possession of his Treasures! This famous Man, who certainly was an Adept, if ever there was one, led a wandering kind of Life, and fell often into great Dangers, merely from his possessing this great Secret. He was born, as we learn from his Writings, about the Year 1617, and what is the strangest part of his History, he is believed by those of his Fraternity, to be yet living, and a Person of

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<sup>1</sup> The most famous of his pieces is entitled, *Introitus Apertus ad Occusum Regis Palatium*. This was written originally in English, has been translated into almost all the European Languages, and is unquestionably the best and clearest Book upon the Subject that is extant in any Tongue.

great Credit at Nuremberg, affirms, that he conversed with him but a few Years ago. Nay, it is further asserted by all the Lovers of Hermetic Philosophy, that this very Philalethes, is the President of the Illuminated in Europe, and that he constantly sits as such in all their Annual Meetings. It is on the one hand true, that there is something wild and incredible in these Relations, and yet it is as certain on the other, that several who attest them, are Persons of irreproachable Character, and even with Respect to this Philalethes, he was, according to the Report of the great Boyle, and others who knew him, a Man of remarkable Piety, and of unstained Morals. In the English Plantations, he became acquainted with one Starkey, a Chymist, before whom he made Projection, but finding that Starkey was a vicious and extravagant Man, he broke off his Acquaintance with him, without communicating any part of his Secrets.<sup>1</sup>

But it may be said by such as look upon this whole Affair, as an idle and ridiculous Thing, and who consider all these Relations, however attested, or supported, as mere Dreams, or Visions. I say it may be alleged by these angry Critics, that it is a direct

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<sup>1</sup> This George Starkey, was originally an Apothecary, had a Head turned to Ch mstry, but managed his Affairs so ill, that he was oblig'd to Transport himself to the Plantations, where he became acquainted with Philalethes, of which Acquaintance he bears as much in his Writings. In 1658 he published a Book of Chemistry at London, which was translated into French in 1706, and into High Dutch in 1712.

Proof of the Falsehood of their Pretensions to long Life ; that we have distinct Accounts of the Time when their most celebrated Patriarchs, such as Roger Bacon, Raymond Lully, and Basil Valentine died, and were buried. If therefore, these Men could not preserve their own Lives, or even protract them beyond the ordinary Extent, what Probability is there, will these People say, that any of the Fraternity should prolong their Lives in the Manner they relate ? In answer to this, the Adepts always insinuate, that if these great Men died, it was by their own Choice, and that many of their Fraternity still decline that length of Life their Art would enable them to Enjoy. This I must confess, is an unsatisfactory Answer, especially to such as make the Objection, but then, say the Adepts, it is the only Answer that becomes us to give ; we do not aim at the Conviction of these Sort of People, we are not desirous of making a Noise in the World, we do not even regard the Possession of Riches, and long Life as Blessings in themselves further than that, they enable us to do good, and the sole Reason of our ever mentioning such Secrets, being in our possession, is in Order to lead to our Society such worthy Persons as deserve to be associated. Now, however weak, however sophistical, this Reasoning may appear to the generality of Mankind, yet upon the Principles of the Hermetic Philosophy, it must be allowed to be extreamly Plausible, and in all such Cases, we must admit Men

to argue from their own Principles, and not from those we lay down.

As I do not profess myself either an Adept, or so much as a Student in this Sort of Philosophy, I shall take the Liberty, as the matter of Fact nearly concerns the Subject of which I am treating, to shape out another Answer to this Objection, and it is this, that perhaps we are not always so secure as to the Deaths of these Virtuosi, as we imagine. The continuance of their Lives is a Thing, that though they boast of in one Sense, yet in another they studiously affect to conceal. Of this, I shall give an extraordinary Instance, which will be so much the more entertaining to the Reader, as, for any thing I know, it has not yet been taken Notice of by any Writer upon this Subject, not even by the professed Historian of this Fraternity, notwithstanding he has made larger Collections concerning them, and their Philosophy, than any Man that ever set Pen to Paper. This Instance will be also found the more extraordinary, since I take it from one who never pretended to be an Adept, and who, therefore, ought to be considered as an unprejudiced Witness. But before I enter upon this Story, I must desire my Readers to observe, that I lay down barely Facts as I find them, and do not pretend to interest myself in the least, as to the credit they may meet with.

Amongst the Hermetic Philosophers, who are allowed to have attained the highest Secrets of Science

Nicholas Flamel of Paris, has been always reckoned one of the most considerable, and his right to this Reputation, the least to be contested. The History of this Flamel, who flourished in the XIV. Century is very curious : He was a Person of a good Family, though much reduced in point of Fortune ; had quick Parts, a lively Wit, and with the advantage of no more than an ordinary Education ; was sent to Paris to get a living as he could. Flamel wrote an extraordinary good Hand, had some notion of Poetry, and Painted very prettily ; yet all these Accomplishments raised him no higher than a hackney Clerk, in which Condition he worked very hard, and had much ado to pick up a Subsistence. In 1357, chance threw in his way a Book of Hermetic Philosophy, written by one Abraham a Jew, or rather Engraven on Leaves made of the Bark of Trees, and illustrated with very curious Pictures, in which the whole Secret was laid down in the clearest Manner possible, to such as were acquainted with Hermetic Philosophy. This Treasure cost Flamel no more than two Florins, for the Person who sold him the Book, knew nothing of what it contained, and Flamel himself though he made it his whole Study for twenty Years, and though he took the precaution of copying the Pictures, and hanging them up in his House, and asking the Learned their Opinion about them, was able to make very little of them.<sup>1</sup>

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<sup>1</sup> The best Part of this Account of Nicholas Flamel, is taken from his Article in a very curious Book, which, as it deserves to

Tired at length with so vain, and so laborious a Study, he in 1378, took a Resolution to Travel into Spain, in hopes of meeting there with some learned Jew, who might give him the Key to the Grand Secret ; that this Journey might not appear to be undertaken on quite so Chimerical a Motive, he made a vow to go in Pilgrimage to St. James of Campostella, a Practice frequent in those Times. After much Search to little purpose, he met at last with a Jew Physician at Leon, who had been lately converted to the Christian Religion, and who was well versed in this kind of Science ; this Man, at the Persuasion of Flamel, consented to go with him to Paris ; but when they got as far as Orleans, the Physician, who was far in Years, and little accustomed to the fatigue of Travel, fell sick of a Fever, which carried him off in a few days.<sup>2</sup> Flamel having rendered the last kind Offices to his dying Friend, returned very disconsolate to Paris, where he studied three Years more, according

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be more known than it is, encourages me to set down the Title thereof at large, which runs thus. *Tréfor des Recherches & Antiquitez, Gauloises réduites, en ordre alphabétique & enrichies de beaucoup d'origines épithèses & autres choses rares & curieuses, comme aussi de beaucoup de mots de la langue Thyoise, ou Theuthifranque.* Paris. 1655. in 4to.

<sup>2</sup> As the History of Flamel was collected long after his Death, it is very possible that there might be some Mistakes committed in Relation to the Circumstances attending his Adventures ; but there is one Thing which I think proves the Reality of the Story beyond Dispute, which is, that this very Book of Abraham the Jew, with the Annotations of Flamel, who wrote from the Instructions he received from this Physician, was actually in the Hands of Cardinal Richlieu, as Borel was told by the Count de Cabrines, who saw and examined it.

to the Instructions he had received from the Physician, with such Success, that on the 17th of January, 1382, he made Projection on a large Quantity of Mercury, which he changed into fine Silver, and on the 25th of April following, he transmuted a vast Quantity of Mercury into Gold. He afterwards repeated frequently the Experiment, and acquired thereby immense Wealth. He and his Wife Perrenella, in the midst of all these Riches, lived still in their old sober way, and eat and drank as usual, out of Earthen Vessels. They maintained, however, a vast Number of Poor, founded fourteen Hospitals, built three Chapels, and repaired and endowed seven Churches. In short, the Acts of Charity they did, were so astonishing, that Charles the VI. who was then upon the Throne, resolved to enquire how they came by their Wealth, and sent for that purpose M. de Cramoisi, Master of Requests, and a Magistrate of the highest Reputation for Probity, and Honour, to examine into their Circumstances ; to whom Flamel gave so satisfactory an Answer, that no further Enquiry was made about them ; but the honest old People were left in Possession of the only Privilege they desired, which was no greater than that of doing all the good that lay in their Power. This is a Fact out of Dispute, and as a Proof that Flamel drew his Riches from his Acquaintance with the Hermetic Philosophy, the Hieroglyphic Pictures upon his Tomb, are usually, and I think very justly cited, as well as the Treatises he wrote upon

this Subject, particularly the following Work of his, *La Grand Eclaircissement de la Pierre Philosophale, pour la transmutation de tous Métaux, par Nicholas Flamel, in 8vo. Paris, 1628.*

The Circumstances of this Story, the immense Wealth of Flamel, and his Wife, their many Foundations, their vast Endowments, and the prodigious Estate they left behind them, are all Facts, so well attested, that no Dispute can be raised about them; or if there were, the last Will of Nicholas Flamel, which, with forty Authentic Acts, of as many charitable Foundations, that are laid up in the Archives of the Parish Church of St. James, in the Butchery at Paris, are Proofs capable of convincing the greatest Infidel. This Flamel, wrote several Treatises on the Art of Chymistry; but they are extremely Obscure, because they are all delivered in an Allegorical Way, and consequently one may hit upon various Interpretations, without coming at the true one; which it is said, he gave to a Nephew of his, Du Perrier, the last of which was a Physician of that Name, amongst whose Papers it was found; I mean only part of the Powder, by one Du Bois; who having acted very imprudently in making Projection before several Persons, and pretending to much greater Knowledge than he really had, brought upon himself an unfortunate End, being hanged by order of Cardinal Richelieu. I must not, however, conceal an Attempt that has been made to overturn the whole of this History, not by

denying the Facts, for that would be ridiculous, since there are hundreds of Poor that yet subsist on Flamel's, and his Wife's Foundations, and are consequently so many living Witnesses of the Veracity that Part of the Relation.

But the Thing attempted is, to give another Account of Flamel's acquiring his Wealth, and in order to this, they tell you, that he was a Notary Public, at the Time the Jews were expelled France, that they deposited with him in Trust, a great Part of their Wealth, and that he kept it for his own Use. This Story, as far as I am able to learn, was first ushered into the World by Gabriel Naudé, a warm and angry Writer, and one far from being exact; from him it is copied by George Hornius, in his Preface to the Works of Geber, and by many other Writers. But as to the Notoriety of the Fact, with respect to the Banishment of the Jews, as all the French Historians agree in it, and in the Dates relating to it, one may safely conclude, that it is fully answered. Such as treat all that is said of the Philosopher's Stone, and of Hermetic Philosophy, as a Fable, have run away with this Explication, as if it had been a clear and satisfactory Account of the Matter, without considering that it is in Truth attended with greater Difficulties, than the Tale of the Transmutation. For what probability is there, that Persons of so much Worth and Piety as Flamel and his Wife are allowed to have been, should be guilty of such a flagrant Act of Injustice, as to betray the Trust

reposed in them, and this purely to do Acts of Charity? If, indeed, they had lived in luxurious Plenty, and had rioted in all the Pleasures which their immense Wealth might have enabled them to have indulged, the Story might have deserved some Credit; but to imagine that two sober People, leading a Life of the utmost frugality, and expending all their Revenues for Pious and Charitable Purposes, should contrive to get the Money so spent, by base and fraudulent Means, is utterly incredible. Besides, if this had been the Case, it is impossible to account for two Circumstances; the first is, that the King of France should be satisfied with the Account that Flamel thought fit to give to Cramoisi; the other, that this Story should never break out during the Life of Flamel, nor within an Age after his Death. But as I know there are People, who, to avoid being suspected of Credulity, will swallow any Thing opposite to what they think, it would be a shame to believe; I shall destroy this Critical History of Flamel's Riches, by an Argument, even that these People dare not discredit. In short, the Jews have been twice expelled France, first in 1180, long before Flamel was born, and again in 1406, several Years after all his Endowments were made, and but seven Years before the Death of him and his Wife Perrenella.<sup>1</sup>

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<sup>1</sup> If the Reader has a Mind to be better acquainted with the Adventures of this Adept, he may consult the History of Hermetic Philosophy, published lately by the Abbé Lenglet du Fresnoy.

But methinks I hear some Captious Reader cry out, what did Flamel and Perrenella die? to what end then all this tedious Story? what is there in Flamel's Life, that corresponds with that of Hermippus? or what has Alchymy to do with the Breath of Virgins, or the Prolongation of human Life? Peace a little; I promised you some Account of Flamel, that has not been hitherto regarded, that has escaped the Notice of all who have written the History of Hermetic Philosophers, from the noble Olaus Borrichius, down to Abbé du Frensoy, and this I am going to give you. But, permit me to observe, first, that my Account is taken from the Travels of the Sieur Paul Lucas, who by order of Lewis XIV. passed through Greece, Asia Minor, Macedonia, and Africa, in search of Antiquities, who dedicated this Book of his, to that Prince, and who must be therefore presumed to relate what was true, or what he took to be true; for no body, who knew the Character of Lewis XIV. can imagine, that he would suffer a Fellow to usher his Falseness into the World, under the Sanction of his Name; much less, that after being guilty of such a Piece of Insolence, he should encourage, protect, and employ such a Man, as in fact he did, to the very end of his Reign; and this in consequence of the Reputation he acquired from the Publication of the Voyages, the Authority of which I am going to use.<sup>1</sup>

<sup>1</sup> See the Preface to the Book from which this Story is taken, which is entitled *Voyage de Sieur Paul Lucas fait par Ordre Du Roi dans La Grece, &c. Amsterdam, 1714*, in 12mo. two Volumes.

It may not be amiss, to put my Reader in mind, that I have strictly kept my Word. The Sieur Lucas was no Hermetic Philosopher, no Chymist, no deep Student in the Sciences ; and if we guess from his Writings, no Man of Art, or Address ; but a bold, rough, free-spoken Traveller, who had seen much, and was willing to tell the World all he had seen. If from hence, any should be led into an Opinion that he was a Credulous Man, and might be easily imposed on, I have nothing to say to that ; I do not intend to turn Advocate for the Solidity of a Traveller's Understanding, any more than for the Truth of Hermetic Philosophy. I only lay down Things as they are, or, at least, as they appear to be, and leave all the rest to the Readers Decision. All I insist upon, as to the Sieur Lucas's Relation, is this, that he could not be deceived as to the Matter of Fact ; he could not dream the Story he has told us ; he could not see it in a Vision, and as to the rest, I do not concern myself about it ; he might possibly be cheated by the Mohammedan Monks, for I can readily conceive, that Monks of all Religions, are the same ; and yet, if as great Absurdities, and much greater Difficulties attend the Story in this Light, than in any other ; I presume it may justify a Hint, that it is not impossible it might be, otherwise than such severe Critics may incline to believe. But it is now time to come to the Story, and therefore I shall put an end to my Reflections.

He informs us, that being at Broussa, in Natolia

and going to take the Air towards a little Village called Bournois Bachy, at a small Distance from thence in Company with a Person of Distinction ; he met with the following Adventure, which I shall relate to you exactly in his own Words. We went together to a little Mosque, says he, where, one of their most eminent Dervises was interred. It is always a Dervise that has the Custody of such Places, which are, generally speaking, pleasantly situated, adorned with Gardens and Fountains, and on that Account set apart for public Walks, and Places for Recreation. We were quickly introduced into a little Cloister, where we found four Dervises, who received us with all imaginable Civility, and desired us to partake of what they were eating ; we were told, what we soon found to be very true, that they were all Persons of the greatest Worth and Learning. One of them, who said he was of the Country of the Usbecks, (a Tribe of Tartars) appeared to me more learned than the rest, and I believe verily he spoke all the Languages in the World. As he did not know me to be a Frenchman, after we had conversed sometime in the Turkish Languages, he asked me, if I could speak Latin, Spanish, or Italian. I told him, that if he pleased, he might talk to me in Italian ; but as he soon discovered by my Accent, that it was not my Mother Tongue, he asked me frankly, what Country I came from. As soon as he knew that I was a Native of France, he spoke to me in as good French as if he had been

brought up at Paris. How long Sir, said I, did you stay in France? He answered me, that he had never been there, but that he had a great Inclination to undertake the Journey.

I did all that lay in my Power to strengthen that resolution, and persuade him to it, in order to which, I told him, that there was no Kingdom in the World more polished; that Strangers especially were extremely well received there, and that without Question, he would receive the greatest Satisfaction from this Journey. No, no, returned he, I am not in such a hurry to make it, I should be a Fool to flatter myself with any such Hopes; I am one of the Sages, and I know that it is enough to hinder me from enjoying Quiet there, so that I am not like to think any more of the Matter. I took a great deal of Pains to convince him, that he was deceived, that some bad People had given him ill Impressions of my Country; that France on the contrary, was the very Nursery of the Learned, and that the King, whose subject I had the Honour to be, was the greatest Patron of the Sciences. I went further still, I told him, that though I had not the Honour to be of any learned Profession myself, yet his Majesty was pleased to defray the Expenses of the Travels in which he saw me engaged, and this with no other View than to procure Notices of those Things, the Knowledge of which, remained yet necessary for perfecting the Sciences; such as of Herbs that might be useful in Physic, antient Monuments, that

might contribute to the Illustration of remarkable Events, and consequently serve to render History more compleat ; the View of the Countries themselves, in order to the rectifying Geographical Charts ; in fine, I run through all the Proofs I could think of, in order to convince him of the Inclination that prevailed in France, in Favour of the Sciences, and of Learning, all which he attributed to the Climate, and seemed to approve what I said, out of pure Civility. At last, however, he seemed to be ravished with the fine Things I told him, and went so far as to assure me, that some Time or other he would certainly go thither. Our Conversation being ended, the Dervises carried us to their House, which was at the Bottom of the Mountain, very near Bournous Bachy, where having drank Coffee, I took my leave of them, but with a Promise, however, that I would come and see them again.

On the 10th, the Dervise whom I took for an Usbeck, came to pay me a Visit. I received him in the best Manner possible, and as he appeared to me a very Learned, as well as curious Man, I shewed him all the Manuscripts I had bought, and he assured me they were very valuable, and written by great Authors : I must say, in Favour of this Dervise, that he was a Person every way extraordinary, even to his outward Appearance. He showed me abundance of curious Things in Physic, and promised me more ; but at the same Time he could not help saying, that it was

necessary, that I should make some extraordinary Preparations on my Side, in order to put myself into a Condition of profiting by the Lights he was able to give me. To judge according to his appearance, he should have been a Man about thirty, but by his Discourse, he seemed to have lived at least a Century, and of this, I was the more persuaded from the Accounts he gave me of some long Voyages he had made.

He told me, that he was one of seven Friends, who all wandered up and down the World, with the same View of perfecting themselves in their Studies, and that at parting, they always appointed another Meeting at the End of twenty Years, in a certain City which was mentioned, and that the first who came, waited for the rest. I perceived, without his telling me, that Broussa was the City appointed for their present Meeting. There were four of them there already, and they appeared to converse with each other, with a Freedom that spoke rather an old Acquaintance, than an accidental Meeting. In a long Conversation, with a Man of great Parts, it is natural to run over abundance of curious Topics. Religion and natural Philosophy took up our Thoughts by Turns, and at last, we fell upon Chemistry, Alchymy, and the Cabala; I told him, that all these, and especially the Notion of the Philosophers Stone were now regarded by most Men of Sense, as mere Fictions and Chimeras. That, returned he, ought not to surprise you, for in the first

Place we ought to suffer nothing to astonish us in this Life ; the true Sage hears all Things without being scandalized at them ; but though he may have so much Complaisance, as not to shock an ignorant Person when he talks of these Things, yet is he obliged, do you think, to sink his Understanding to a Level with vulgar Minds, because they are not able to raise their Thoughts to an Equality with his ? When I speak of a Sage, said he, I mean that kind of Man to whom alone the Title of Philosopher properly belongs. He has no sort of tie to the World, he sees all Things die and revive without Concern ; he has more Riches in his Power, than the greatest of Kings, but he tramples them under his Feet, and this generous Contempt, sets him even in the midst of Indigence above the Power of Events.

Here I stopped him. With all these fine Maxims, said I, the Sage dies, as well as other People. What imports it therefore to me, to have been either a Fool, or a Philosopher, if Wisdom hath no prerogative over Folly, and one is no more a Shield against Death than the other ? Alas ! said he, I perceive you are absolutely unacquainted with sublime Science, and have never known true Philosophy. Learn from me my Friend, such a one as I have described dies indeed, for Death is a Debt which Nature exacts, and from which therefore no Man can be exempt ; but then he dies not before the Time fixed by his great Creator. But then you must observe, that this

Period approaches near a Thousand Years, and to the Extent of that Time a Sage may live. He arrives at this, through the knowledge he has of the true Medicine. By this means, he is able to ward off whatever may impeach, or hinder the Animal Functions, or destroy the Temperature of his Nature. By that, he is enabled to acquire the Knowledge of whatever God has left within the Cognisance of Man. The first Man knew them by his Reason ; but it was this same Reason that blotted them again from his Mind ; for having attained to this kind of natural Knowledge, he began to mingle therewith his own Notions and Ideas. By this Confusion, which was the Effects of a foolish Curiosity, he rendered imperfect even the Work of his Creator, and this Error it is, that the Sage labours to redress. The rest of Animals act only by their Instinct, by which they preserve themselves as at their first Institution, and live as long now, as when the World first began. Man is yet a great deal more perfect ; but, has he still preserved that Prerogative we mentioned, or has he not lost long ago the glorious Privilege of living a thousand Years, which with so much Care he should have studied to preserve? This then it is, that the true Sages have retrieved; and that you may no more be led into mistakes, let me assure you, that this is what they call the Philosophers's Stone, which is not a Chimerical Science, as some half-read People fancy, but a thing Solid and Sound. On the other Hand, it

is certainly known but to a few, and indeed it is impossible it should be made known to most part of Mankind, whom Avarice and Debauch destroy, or whom an impetuous desire of Life kills.

Surprized at all I heard, and would you then persuade me, said I, that all who have professed the Philosophers Stone, have likewise lived a thousand Years? Without doubt, returned he gravely, for whenever God has been pleased to favour any Mortal with that Blessing, it depends entirely on himself to reach the Age of a thousand Years, as in his State of Innocence the first Man might have done. I told him, that there had been in our Country, some of those happy Mortals that were said to have possessed this Life-giving Stone, and yet had never extended their Days to such a Length as to go with a decrepidness, that must attend such an excessive Age, into another State. But, continued he, don't you know that the Appellation of a Philosopher, is much prostituted; let me tell you once again, there is none properly such, but those who live to the Age I have mentioned. At last, I took the Liberty to mention the illustrious Flamel, who, I said, had possessed the Philosophers Stone, but was dead to all Intents and Purposes for all that. At the mention of his Name, he smiled at my Simplicity. As I had by this Time begun to yield some degree of Credit to his Discourse, I was surprized he should make a Doubt of what I advanced, upon this Head; the Dervise observed this, and could not help saying with

an Air of Mirth, and do you really think the Thing so? do you actually believe Flamel is dead? No, no, my Friend, continued he, don't deceive yourself, Flamel is living still, neither he nor his Wife are yet at all acquainted with the dead. It is not above three Years ago since I left both the one and the other in the Indies, and he is, said he, one of my best Friends; upon which, he was going to tell me, how their Acquaintance grew, but stopping himself short of a sudden, that, said he, is little to the purpose, I will rather give you his true History, with respect to which, in your Country, I dare say, you are not very well acquainted.

We Sages, continued he, though rare in the World, yet are we equally of all Sects and Professions, neither is there any great inequality amongst us on that Account. A little before the time of Flamel, there was a Jew of our Fraternity; but as through his whole Life he had a most ardent Affection for his Family, he could not help desiring to see them after he once came to the Knowledge of their being settled in France. We foresaw the Danger of the Thing, and did all that in us lay, to divert him from this Journey, in which we often succeeded. At last, however, the Passion of seeing his Family grew so strong upon him, that go he would; but at the Time of his Departure, he made us a solemn Promise to return to us as soon as it was possible. In a Word, he arrived at Paris, which was, as it is now, the Capital of the Kingdom, and found there, his Father's Descendants were in the

highest Esteem among the Jews. Amongst others there was a Rabbi, who had a Genius for the true Philosophy, and who had been long in Search of the great Secret. Our Friend did not hesitate at making himself known to his Relation, on the contrary, he entered into a strict Friendship with him, and gave him abundance of Lights. But as the first Matter is a long Time preparing, he contented himself with putting into Writing, the whole Series of the Process, and to convince his Nephew that he had not amused him with Falsehoods, he made Projection in his Presence, on thirty Ocques (an Ocque is three pounds) of base Metal, and turned it into pure Gold. The Rabbi full of Admiration, did all he could to persuade our Brother to remain with him, but in vain ; because he, on the other Hand, was resolved not to break his Word with us. The Jew when he found this, changed his Affection into mortal Hatred, and his Avarice stifling all Principles of Nature and Religion, he resolved to extinguish one of the Lights of the Universe. Dissembling, however, his black Designs, he besought the Sage in the tenderest Manner, to remain with him only for a few Days. During this Space, he plotted and executed his execrable Purpose, murdered our Brother, and made himself Master of his Medicine. Such horrible Actions never remain long unpunished. Some other black Things he had done, came to light, for which the Jew was thrown into Prison, convicted, and burnt alive.

The Jews fell soon after under a Persecution at Paris, as without Doubt you have heard. Flamel, more reasonable than the rest of his Countrymen, entered into a strict Friendship with some of them ; and as his great Honesty, and unblemished Probity were well known, a Jew Merchant entrusted him with all his Books and Papers, among which were those of the Jew which had been burnt, and the Book that our Brother had left with him. The Merchant, taken up no doubt with his own Affairs, and with the Care of his Trade, had never considered this valuable Piece with any Attention ; but Flamel, whose Curiosity led him to examine it more closely, perceiving several Pictures of Furnaces and Alembicks, and other Vessels, he began immediately to apprehend, that in this Book was contained the grand Secret. He got the first Leaf of the Book, which was in Hebrew, translated, and with the little he met with therein, was confirmed in his Opinion ; but knowing that the Affair required Prudence and Circumspection, he took, in order to avoid all Discovery, the following Steps. He went into Spain, and as Jews were every where settled throughout that Country, in every Place that he came to, he applied himself to the most learned, engaging each of them to translate a Page of his Book ; having thus obtained an entire Version, he set out again for Paris. He brought back with him a faithful Friend of his, to labour with him in the Work, and with whom he intended to share the Secret ; but a

raging Fever carried him off, and deprived Flamel of his Associate.<sup>2</sup> When therefore he came Home, he and Wife entered together upon the Work, and arriving in process or Time at the Secret, acquired immense Riches, which they employed in building public Edifices, and doing good to a Multitude of People.

Fame is frequently a very dangerous Evil ; but a true Sage knows how to extricate himself from all kinds of Peril. Flamel saw plainly, that the prevailing Notion of his having the Philosophers Stone might be fatal, both to his Liberty and Life ; he therefore bent all his Thoughts to the contriving some Method for extricating himself out of this Danger, and having at last struck out one, he took Care to execute it immediately, and found means to secure their Flight, by spreading a Report of his Wives Death, and his own. By his Advice, she fainted herself sick of a Distemper which had its usual Course, so that by the

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<sup>2</sup> The Reader will easily perceive, that there are some Variations in this History from that which we have before given of Flamel ; but this only shews, that we have not done any Thing to countenance this Tale, or to give it that Air of Probability, which in Truth it wants, and after all the Difference between these Accounts, is very far from being so great, as to destroy the Credit of either of them. For it is very probable, that Lucas's Memory might betray him, and that he might refresh it on his return into France, from the common Story of Flamel, with which his agrees. The principal Reason of my citing it, was, his Conclusion, which I particularly recommend to the Reader's Consideration ; since, If Flamel's Story be known in those Parts of the World, with such a Degree of exactness, it is little less wonderful than the rest of rest of the Story in all its Circumstances.

Time she was said to Die, she had reached the Frontiers of Switzerland, where he had directed her to wait for him. They buried in her stead a Wooden Image, dressed up, and that nothing might be wanting to the Ceremonial, it was interred in one of the Churches that they had founded. Some time after, he had recourse to the like Stratagem for his own Security, and having buried another Wooden Statute, he by that time the Funeral was over, joined his Wife. You will easily perceive, that there was no great DifficultY in all this, since in every Country if a Man has Money Physicians and Priests are always at his Service, ready to say, or do whatever he directs them. To give the Thing still the better Grace, and to prevent the least Suspicion of the Cheat, Flamel made his last Will and Testament in Form, wherein he particularly desired that his Corps might be interred near that of his dear Wife, and that a Pyramid should be erected to their Memories. Since that Time, both of them have led a Philosophic Life, sometimes in one Country, sometimes in another. This, depend upon it, is the true History of Flamel and his Wife, and not that which you have heard at Paris, where there are very few who have ever had the least Glympse of true Wisdom.

This Story appeared to me what I think it must appear to every one, equally singular and strange, and the more so, as it was told me by a Mohammedan, who I have all the reason in the World to believe

never sat one Foot in France. As to the rest, I report this Matter purely as an Historian, and I have even passed by abundance of Circumstances more remarkable than any I have related; the Truth of which however, he affirmed. I shall content myself therefore, with saying, that we are apt to entertain too mean Notions of the Learning of the Mohammedans, for certainly this Man was a Person in all respects of extensive Knowledge, and a superior Genius.\*

We have now done with the History of Flamel, and if the Reader has a mind to know how I bring it to have any Connection with my Subject, I shall inform him, in very few Words. According to my Sentiments, which are in part founded upon the Writings of Flamel himself, the first Matter of the Universal Medicine, the Philosophers Stone, or the grand Secret of the Hermetic Philosophers, is taken from the Air; and from some of their Writings I have gathered, that they were not altogether unacquainted with the Secret of Hermippus; so that if this Inscription had fallen into their Hands, I make no question but they would have pronounced him an Adept, and have supported this Decision of theirs, by giving us an Account in their Manner, of his Method of performing it.<sup>2</sup> This Account so far as I have been

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\* Voyage du Lucas, Tom. i. p. 79-90.

<sup>2</sup> This Discovery will be pretty evident to any Reader who consults the fourth, ninth, and twelfth Pages of a Treatise at the End of Mangetus's *Bibliotheca Chemica*, which Piece is entitled,

able to Collect it, the Reader shall receive in the clearest Terms, for I pretend not to adopt their Manner of Writing, or to hide in ambiguous Allegories, so useful a Truth.

In some Books, written by these Sort of Philosophers, I have met with various Experiments for applying the Salubrious Particles of the human Breath to Medicinal Purposes ; and amongst these, the following seems to be that which deserves Notice, as it shews a wonderful Ingenuity, and is, I believe, the single Attempt that was ever made to extract the Tinctures of living Animals, in order to make them enter like other Tinctures, into all the Uses of Physic. "Let there be, says my Author, a small close Room prepared, and let there be set up in it five little Beds, each for a single Person. In these Beds, let there lie five Virgins under the Age of thirteen, and of wholesome Constitutions. Then in the Spring of the Year, about the Beginning of the Month of May, let there be a Hole pierced through the Wall of the Chamber, through which, let there be inserted the Neck of a Matrass, the Body of the Glass being exposed to the cold Air without. It is easy to apprehend, that when the Room is filled with the Breath and Matter perspired by these Virgins, the Vapours

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Mutus Liber, in quo Tamen tota Philosophia Hermetica, figuris hieroglyphicis depingitur ter optimo maximo, Deo misericordi consecratus, solisque filii artis dedicatus, Authore cuius nomen est Altus.

will continually pass through the Neck of the Matress into the Body of the Vessel, where, through the Coldness of the Circumambient Air they will be condensed into a clear Water, which is a Tincture of admirable Efficacy, and may be justly styled an Elixir Vitæ, since a few Drops of it, given in the Beginning of any acute Distemper, resolves and disperses the morbific Matter, so as to enable the animal Force to throw it off by insensible Perspiration.<sup>1</sup>"

I could mention another Preparation from the Vital Part of the Air itself, which is a great Secret amongst these Philosophers, and is, perhaps, the White Dove, often mentioned in the Writings of Philalethes, of which thus much is certain, that when the Air is once spoiled of this Principle, it is no longer fit for Animal Respiration, and it was by a Contrivance of this Kind, that the famous Cornelius Drebell made that Liquor, which supplied the Place of Air in the Machine he contrived for carrying on a Kind of submarine Navigation. This Medicine, which is, as I have said, extracted from the Air, is whiter than Snow, colder than Ice, and so volatile, that if the Quantity of a Nutmeg be exposed to the Air, it is ascrib'd thereby in the Space of a few Seconds. This Secret, which is used for the same Purposes as the former, is styled *Aura Puellarum*.<sup>2</sup> We may gather

<sup>1</sup> Secreti di diversi excellentissimi Huomini. in 8vo. in Milano. 1558. See also Lana: de mot. transpirat. lib. ii. cap. 3. artific. ii. p. 73, 74.

<sup>2</sup> Whoever consults the Liber Mutus, will plainly perceive, that

from all this, that if the Hermetic Philosophers have in reality any such Secret as they boast of, for the preservation of human Life, it is built upon the same Principles with those which I have already laid down, and consequately no true Adept can consistently with his own Notion of Things, oppose my Doctrine, especially when he considers, with what Restrictions it is offered, since I do not propose, as the Sages do, the prolonging Man's Life to the Term of a thousand Years, neither do I promise the Renovation of Life, as some meaner Artists have done; all I contend for is, the possibility of making such Use of youthful Spirits, as for a Time to keep off the Inconveniences of Age, which though far inferior to what others assert they are able to perform, would still be of the utmost Benefit to Mankind, if with Facility it could be carried into Practice.

I knew very well it may, and I doubt not but it will be objected, if Hermippus was so wise a Man, why instead of drawing old Age to such a Length, did he not preserve the Vigour of his Youth? this surely would have been by far a nobler Discovery, and to which the young Ladies would with the greatest

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the first Matter is taken from the Air; but by a Method very different from that which I here suggest, though possibly they may both contribute to the same End, since it is easy to conceive, that the first Matter of the Philosophers may reside in several Places; nay, some of them have affirmed, that it is to be found every where; the famous Jacob Boehmen asserted, that it was to be met with in the Dirt of the Streets.

Readiness have contributed. But I must put such People as these in mind, that as in this Treatise I have inserted nothing which may not be some way or other serviceable, either to the Instruction or Entertainment of Mankind, so I shall not think myself at all obliged to take Notice of any ludicrous Reflections. The Preservation of Life, the defending the human Body from decay, and of rendering it a fit Tenement for the Soul to inhabit, in that Season in which she is most capable of exerting her noblest Faculties, are grave and serious Subjects; with which no trivial Matters ought to mingle. Besides, to speak my Opinion freely, though I think the Method of Herennius extreamly proper for repairing the Wastes of Nature, and preventing the Incommodities which usually attend on Years; yet I am far from believing, that this Method would contribute at all to the Extension of Youth; but rather the contrary; and for this I think, I am able to offer some very probable Reasons.

In the first Place, it will be necessary to observe, that I do not here mean by Youth, a state of Infancy or Childhood, but rather that robust State between twenty-five and forty; for the Conversation of very young People with each other, I conceive to be as wholesome for their Bodies, as it is pleasant and agreeable to their Minds. But when the human Body is arrived at its full Strength, and is in that State of Health in which Temperance and Equanimity will

maintain it, a Surcharge of animal Spirits may not only prove useless, but dangerous. It is an old, and a very true Observation, that the most florid State of Health, is that, in which a Man is in the greatest Peril, in case he receives any Infection, and the Reason is obvious, viz. because the animal Spirits act then with the utmost Vigour, and consequently must do the more Mischief, if by any means they are tainted. From the same Method of Reasoning, we may conclude, that such a Manner of Living as that which we have supposed Hermippus led, might be attended with inconveniences to a Man of a robust Constitution, and perhaps incline him to Frenzies, or at least to Fevers. A pure Air, light Diet, moderate Exercise, and a perfect Dominion over his Passions, with a few slight Remedies taken on proper Occasions, and according as Nature directs, may maintain a Man in the full Possession of Health and Spirits to sixty, and then it is Time enough for him to think of avoiding the Inconveniences which usually attends old Age. I might also observe, that the Conversation of many young Women, might, in the Summer of Life, draw along with it other Inconveniences; but these are Subjects on which I do not insist, because it is not easy to treat them with that Delicacy, which a Philosophic Discourse like this, requires; and because the slightest hint is sufficient to suggest more to a Man of Good Sense, than is at all necessary to be delivered upon this Subject. I take it therefore for granted, that I have assigned the

proper Bounds to my Remedy, and that I may safely define it, the Cordial of advanced Years, which can never be safely administered, till from a just Application of Reason, there has been produced an absolute retreat of Appetite.<sup>x</sup>

But if any one should be mad enough to pursue this Objection further, and cry out, of what Significancy then is your Remedy? why in such a Situation would you extend Life at all, or of what use is Years when deprived of Enjoyments? If I say there are any so wild as to talk in this Manner, my Answer is, that they mistake my meaning. I am clearly of Opinion, that the Pleasures of the Mind are far superior to all sensual Delights, and that the Cultivating youthful Understandings, which is the Business in which I have supposed my old Man employed, is a pleasant and noble undertaking, every way worthy of the Souls supremest Faculties, and carrying along with it, its own Reward, viz., a second Youth, more pleasing, more delightful, than the first. For as on the one hand, I cannot allow that such a Person should gratify, or so much as feel his Passions, so on the other, I would not have him plunged into deep and perplexing Studies, but rather amused and diverted by pursuits of another Nature. At particular Seasons, indeed, he might discourse with his Friends on grave and serious Topics; but I would not have such Conversations return too frequently, for fear of their

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<sup>x</sup> Cicer de Senectute.

leading him by Degrees into Melancholy, which is nothing else but fixing the Thoughts too intently on a single Object. In order to require and maintain a green old Age, there is nothing so requisite as Clearfulness of Mind, which can never be secured if we meditate much on abstruse Subjects. I do not say, that these are always to be neglected ; but what I say is, that this is not the Season of Life in which they ought to be pursued. They require such Vigour, such Attention, and such a degree of Penetration, as would induce so great a waste of Spirits as would defeat the intention of that Remedy, which I would recommend, and therefore I lay it down as a supplemental Rule, that these are to be avoided.

There is, as far as my Foresight will carry me, but one Objection more, that can be raised against my System ; and this must come from the Quarter of the Politicians, who conceive nothing to be right or worthy of Encouragement, which does not square with their Notions, which are, however, generally speaking, not very agreeable to those of other Men. It would not therefore surprize me, if these Gentlemen should take it into their Heads, to treat this as a Whimsical and trifling Performance, because I know that according to their System, old Men are so many Incumbrances, of which the State ought to be discharged. It is upon this Principle I presume, that some Indian Nations make great Feasts in their Families, when their Chief becomes decrepid, and when

these Rejoicings are over, fairly put him out of the Way. I remember to have read in a late French Writer, that this is practised by some of the barbarous Nations, who live in the Neighbourhood of Hudson's Bay ; and he says further, that he was present at one of these Feasts, at the close of which the Son cut the Throat of his Father. I do not recollect, that he bestows any Reflections upon this Passage ; but from the Account he has given us of the Country, I think it no difficult Matter to distinguish the Cause of so inhuman (I should be in the wrong to call it so brutal) a Custom, which I take to be this, that they find it very difficult in that part of the World to acquire Subsistance, and therefore think themselves under a kind of Necessity of maintaining only such as are useful. This, I persuade myself, was the original of so horrid a Practice, which cannot, however, be founded on real Necessity, because these People who murder their Parents, preserve their Children, though equally helpless. Our Free-thinkers in Politics therefore, must necessarily have a bad Opinion (at least while they are young) of such a Proposition as this, which intends no more than prolonging the Lives of those, who, in the Account of our Machiavelists, ought to be in their Graves already. What benefit, say they, can result to Society from maintaining People past their Labours, and who, according to this very Scheme, are declared unfit for Propagation ? The Public is only benefitted by active and industrious

Persons, why then should so much Care be taken to preserve People fit only for a sedentary Life? If the ordinary Laws of Nature can be dispensed with, let it be in Favour of the Public Weal; why should the extravagant Desire of Life be gratified, rather than any other extravagant Desire whatever? Reflections like these, it is evident, must induce these over-wise Persons to treat my Book with Contempt, whatever Opinion they may have of the Arguments contained in it; and therefore it is necessary for me to shew, that these Maxims, how plausible, how refined soever they may appear, are very far from being either just or reasonable, and which is still of greater Weight in the present Case, are far from being calculated for the Benefit of Mankind in general. It may be, perhaps, that I exaggerate a little in supposing, that there are People capable of reasoning in such a Manner; but who ever considers the Principles of the Spartan Government, and the System of Morals recommended by Lycurgus, will be of another Opinion. Neither are we to imagine, that only severe Politicians are inclined to such a Doctrine; there have been in all Ages some polite Writers, and refined Wits, who have been inclined to treat old Age, not as a Misfortune only, but as a Crime. For instance, Cornelius Gallus, one of the Favourites of Augustus, and himself the Patron of Virgil, and of Horace, paints Old Age thus—

Stat dubius tremulusq; senex, semperq; malorum  
Credulus et Stultus quæ facit ipse timet.  
Laudat præteritos, presentes despicit annos :  
Hoc tantum in rectum quod facit ipse putat.

Trembling and Doubtful, still the Old we find,  
And much to Credit all ill News inclined ;  
Foolishly fearful of what e're they do,  
And when it's done, they're apprehensive too.  
Pass'd times their Praise, the present claim their  
Spight,  
And only what they do themselves is Right.

It is, I think, a Fact so well established, that I need be at no great Pains to prove it, that most of the Mischiefs and Miseries brought upon private Families, and even upon whole Nations, flow from the Warmth of Men's Passions, and from their indulging their irregular Inclinations at the Expence of others, nay and of Society itself. I cannot, therefore, help thinking, that it might be a means of lessening these Evils, if we could encrease the Number of those who are free from such irregular and depraved Appetites, and are consequently most capable of conducting with Judgment and Integrity, either public or private Affairs. It is remarkable, that in all well-governed States, a certain maturity of Age is required before Men are entrusted, not only with the Management of public Concerns, but of their own. Upon what Reason then

is this founded? Is it not because they are thought to want in the first Place, the Lights of Experience, and in the next, to be too much hurried by their Passions? If this be right, and if it be not right, the wisest Men in all Ages have been in the wrong: If this I say be right, why should we fancy Men passed their Labours for being in possession of those Qualities which are certainly the first Ingredients in the constituting true Wisdom? There will be always People enough in the World full of that Heat, Vigour, and Strength, which is requisite for carrying on the active and laborious Parts of Business; but we see plainly, that private Families are brought to Ruin, and by Degrees, great States decay for want of that Moderation, Experience and Foresight, of which Men far in Years, and whose Spirits are not oppressed with the Infirmities of Age, are usually possessed. If, therefore, we regard the Ease and Happiness of Mankind, rather than Hurry and Noise, and esteem such a Government as preserves its Subjects in the constant Enjoyment of these Blessings, better than that which employs them at the Expence of their own Ease and Happiness, in disturbing those of their Neighbours, then there can be no Weight in this part of the Objection. As to what respects Generation, it is a very slight and idle Surmise; for if in Popish Countries Monasteries are found no great Inconvenience, where those that fill them make Vows of Celibacy in the Flower of their Age, certainly for Men who are turned of Seventy to forbear gett'g

Children, can never be an Inconvenience to any State.

This is undoubtedly a sufficient Answer as to the general Reasoning of those I would refute ; but with Respect to the Doctrine I have endeavoured to establish, a still clearer and more explicit Answer might be given. For without enquiring whether their Principles be wrong or right, I may easily observe, that nothing I have laid down tends to burthen Society with a Race of Dotards. What I propose, is quite the contrary. If, on the one Hand, I plead for the Extention of human Life, I recommend on the other, such a Method as must preserve the Faculties in the highest Order. Nor is it to be at all apprehended, that the Number of Men who shall prolong their Lives by this Method, in case it should ever be put into Practice, will be excessive, or burthensome to Society ; the very Nature of it provides against any such Inconvenience, by requiring such Moderation and Self-denial, as will not frequently be found. It is, therefore, an unjust and unfair imputation upon my Principles, that they tend to burthen the World with useless People, since the utmost to which they can be strained is, that I am for preserving as long as possible, the Lives of such as may be useful. As to the Subsistance again of such People, it is easy to discern, that this can be but a very trifling Expence, when compared even with what they are able to acquire towards the Increase of the common Stock. So, that consider <sup>4</sup> in this, which is the very worst Light

in which the Thing can be put, a true Politician, and one who has a proper Regard for the Interest, and at the same Time, a just respect for the Rights of Mankind, will be far from thinking that I have offered any Thing which can be prejudicial to a well-ordered Society, but have rather provided a very good Method for securing a constant Supply of such Counsellors, as may preserve it in the best Order possible.

On this Occasion, I beg leave so cite a Passage which Tully hath put into the Mouth of the elder Cato,<sup>2</sup> that deserves as much Attention from its Solidity, and good Sense, as it does Praise for the Beauty and Accuracy of Stile, in which it is delivered. Cato is there answering the very Objection, which I have been treating. "If," says he, "Petulance or Lust be Vices more frequent among young Men than Old, yet all young Men are not infected with them, but such only as want proper Talents, so it is with that sort of Distemper which you call Dotage; it is indeed the Disease of old Men; but, however, all old Men are not infected with it. Appius was for some Years quite dark, and yet he managed a Family of four Sons grown up, and five Daughters, with abundance of Relations and Clients, who depended upon him. He kept his Mind always in order, and though his Vigour decayed, yet his Senses never failed him. He preserved to the last Moment his Character, and his Authority; every body

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<sup>2</sup> Cicet. de Senectute. c. ii.

looked up towards him as became their Station ; his Slaves feared, his Children revered, and all who were about him, Loved him. In a word, he kept up the old Discipline, and did Honour to the Roman Name, by preserving the Manners of his Family untainted. So that it is plain, old Age may maintain a graceful Superiority, if it be jealous of its Prerogative ; if on all Occasions it maintains its right, if it never sneaks and gives way, but keeps up a Manly Spirit to the last. For as I approve some Qualities of Age in a young Man, so a Youthful Spirit is very commendable in Men of Years, for while they preserve this, though the Body may feel the effects of Age, yet the Mind stands out of its reach. At this very Instant I am employed in writing the Seventh Book of my Antiquities, and am actually making large Collections from such old Records, as may serve my purpose. I likewise, Review, and sometimes touch afresh, the Orations I have formerly made in the capital Causes, wherein I have been concerned : I still keep up my Stock of knowledge in the Augurial, Pontifical, and Civil Law, and have time enough to read a great deal of Greek besides. I constantly use the Pythagorean Method for the Exercise of my Memory, and every Evening run over in my Mind, whatever I have said, heard or done that Day. These are the Exercises of the Understanding, and in these, as in a Chariot, the Soul takes the Air ; while I am capable of these, I don't give myself much concern about bodily Decays ; I am always

at the Command of my Friends, attend the Service of the House frequently, and distinguish myself in Debates, wherein a Man compasses more by the strength of his Faculties, than he can do elsewhere, by Force of Arms. But should it ever prove my Misfortune to be confined to my Bed, and be thereby rendered incapable of going through these Employments, yet the very thoughts of what I would do, if I were able, would console me. But thanks be to Heaven, I have no reason to apprehend any such Thing ; I have been a better husband of my Time than so, for let a Man be but constantly exercised in Labours like these, and he will not so soon find the Breaches of Ages. Years will steal upon him insensibly, he will grow old by Degrees, and without feeling it ; nay, when he comes to break at last, the House will crumble gently, and fall down so slowly, as not to give him any great Pain." This is a very fine Picture, and contains a more finished Apology for that state of Life which I am endeavouring to extend, than my Abilities would suffer me to draw, but the very producing it, serves my purpose better than if I had wrote it. If I follow the Sentiments of Cicero, and the Example of Cato the Elder, who shall question either my Sense, or my Conduct ?

It ought to be further considered, that for perfecting many of the Sciences, a longer Life is requisite than Men usually enjoy ; or to speak with greater Propriety the free Exercise of their Faculties to a more advanced

Age. If we examine all the Improvements that have been made in true Science, we shall find, that they have proceeded from Men, who have exercised their Thoughts in such kind of Studies for a long Course of Years. The last Books of Aristotle are esteemed the most perfect, so are those of Seneca, which he wrote in an advanced Age ; and we may say the same Thing with respect to modern Philosophers; such as Gassendi, Bacon, and Newton. A serene old Age is therefore of the highest Consequence in this Respect, since it would contribute to furnish the World with new and useful Lights, and prevent the Expectations they conceive from the early Productions of great Men, from being frustrated as they frequently are, by their premature Deaths. I must likewise observe, that mechanical Inventions acquire much Time to Perfect them, and that very profitable Discoveries, and very useful Manufactures have been lost, by the Deaths of those who first Cultivated them, of which many Instances might be given. We may likewise remark, that settling any new Plantation ; reforming a Society; or in short, reducing any People who have been long under an ill form of Government, or in a great measure without any, requires length of Days. Lewis XIV. changed entirely the Face of Things in France during his Reign, which was principally owing to the length of it, as it gave him an opportunity of seeing most of his Schemes brought to bear; whereas, the unexpected Death of the Great Czar Peter, caused many of his

Projects to be buried in Oblivion, and must have overturned the whole of his Glorious design for reforming his Subjects, and raising the Credit of his Crown, with the rest of the European Powers, if, which was scarce to be expected, his Successors had not generally speaking persisted in the pursuit of his Plan. We may therefore easily discern, that such an extention of Life as this Treatise proposes, would be so far from contributing to burthen the World with an useless race of old Men, that it would really furnish it with such People, as are most wanted for the Improvement of Knowledge, the perfecting mechanical Discoveries, and contributing in other Respects to the Welfare of Mankind.

Upon the whole, therefore, I think I may very justly conclude, that by examining this antient inscription, I have not exercised my Thoughts in a Manner that may contribute to the Amusement of the Learned; but that I have hinted many Things which may be of public Utility. In this Respect, indeed, I think I have made the proper Use of the Inscription; for certainly, it is much better to inform ourselves as to Things than Words, and the World would be much more indebted to the labours of learned Men, if they paid that Regard to this Maxim which it deserves. What use would it be of to Mankind, supposing it possible for me to fix the Reign of the Roman Emperor, under which Hermippus flourished? or what Thanks would my Readers owe me, if I had endeavoured to discuss whether he lived to hundred

and fifty-five or a hundred and fifteen only. Have I not chosen the better Part, in examining what may still be of some Use, viz., By what Method he arrived at so great an Age, and how far it is practicable for us to follow his Method. I think, I may still go further, and affirm, that I have made it at least extremely probable that the *Anhelitus Puellarum*, is in some Measure the Breath of Life; in order to which, I hope I have effectually destroyed some Prejudices that affected the Minds even of People of good Sense, as to the settled Term of human Life, and the Impossibility of prolonging it by Art. I have likewise, in the Course of this Dissertation, collected the Sentiments of several great Men, who think, or least seem to me, to think in the same Way that I do, and have thereby given an Opportunity to the curious and inquisitive Reader, of searching more strictly into their Opinions, in order to do them Justice, in case, after mature Consideration, he thinks that I have failed in so doing.

If this should contribute little to the Elucidation of the present Point, yet it might prove the Means of bringing many Things of Consequence to light. We have made it evident, by our Citations from old Books, that many of the Discoveries for which the Moderns are famous, were actually known to the Learned in former Times; whence we may probably conjecture, that some other Things were known to them, with which we are not acquainted, and the rather, because

there is scarce any Country where antient Monuments are to be found, but we may discern in them Marks of Skill and Capacity, that transcend the Power of modern Workmen, and though these may not be agreeable to the present Taste which seems to be a handsome Expression for the reigning Humour of Mankind, that changes too often to deserve the Name of a Rule, yet they still manifest great quickness of Invention, and the possession of many Arts, that are now lost. It is some Credit to Antiquity, that the oldest building in the World, which is the Temple of Theseus, at Athena, is by far the finest ; and in literature again, Homer and Hippocrates, plainly prove, that in point of Genius, or of Industry, the first Ages are yet unrivalled. There are several Roads which lead to true Wisdom, we may sometimes reach it by going backwards, as well as forwards, and profit as much be detecting the Prejudices of the Moderns, as by refuting the Errors of Antiquity. It is a just Observation of the great Lord Verulam, that much Learning frees us from those Mistakes into which we are plunged by having only a little. When first the Moderns began to examine the Writings of Herodotus, and Pliny, they found nothing but Absurdities and Improbabilities ; but now, that we are better acquainted with Experimental Philosophy, we begin to have a better Opinion of these Authors, and are obliged to confess, that in some Cases, sagacity may supply Experience. I am, however,

ready to admit, that in some Branches of Science, we have out done the Antients very much ; but what of that, we are still far short of Perfection. Our very Discoveries prove it ; for example, we discern the Effects of Gravity, we see the whole Mechanism of the Universe, depend upon it ; but the Cause has been hitherto inexplicable. We are well acquainted with the many properties of the Needle, which were Secrets to former Times, but the cause of its Variation remains a Secret to us. We have, indeed, made bold Guesses at both, and it is not impossible, that Posterity may be able to demonstrate our Conjectures ; as it is on the other Hand, likewise possible, that they may prove them to be only idle Conjectures. If we would avoid being deceived, we must decline Bigotry of all Sorts, we must not carry our Veneration for the Antients too far, and at the same time we ought not to be afraid of using a just freedom with the Moderns ; since it is not our Business to admire others, but to instruct ourselves.

With the same View of coming at Truth, by setting the Subject of which I treat in different Lights, I have stated the Opinions of others fairly, and have reasoned upon them as freely as I desire to see my own System treated. I have given the Reader the Sentiments of Astrologers, and of Hermetic Philosophers on this Inscription, and have left it to him to decide, whether they are more in the right than I, or whether we may not be all mistaken, and this Inscript-

tion have at last some other Secret, and yet more probable Sense than any of us have reached. To encourage an exact Discussion of this, I have often incalculated the Usefulness of such an Enquiry, and I think, have fully proved without the Possibility of a Reply, that it is very practicable to extend the Thread of Life, beyond that length to which it usually reaches, so this will be a real Benefit, and not an idle or trifling Discovery. These are the Principal Points that I have laboured, and to avoid that heaviness and dryness which is commonly complained of, in Discourses of this kind : I have frequently made Excursions for the Entertainment of myself and my Readers, and have inserted abundance of curious Passages from scarce and valuable Books, that I hope will make full amends for the trouble of perusing this Treatise, even to such as may remain unconvinced of the Truth, or practicability of my System. At least, I can say this for my Book and for myself, that nothing has been omitted within the Reach of my Power, which might render it at once both profitable and pleasant ; and therefore, I hope, that if any one shall take the trouble of Criticising it, he will at least treat it with that Candour and good Manners which I have used through the whole, and not with that surly and pedantic Peevishness which is too often visible in the Works of Minor Critics, who value themselves much more on exposing the Faults of other Men, than on manifesting any valuable Qualities

in themselves, and are better pleased to destroy an Edifice erected by another, than to acquire a just Reputation, by raising a better Structure of their own.

There is one Thing more I must remark, and it is this, that my System is entirely on the right Side. I have not undertaken to demonstrate as many have done, a Paradox in the Teeth of common Sense, and the common Interest of the human Species, of which the famous Encomium on Folly, and the Panegyric on Drunkenness, are glaring Instances ; but what I have laid down in this Discourse is, with a View to public Utility, and from a desire of doing Good ; if therefore, upon thoroughly sifting this Dispute, the Matter should come at last to be in Equilibrio, I hope the turn of the Scales will be allowed me ; for surely, if Sense be preferable to Dotage, Ease to Pain, or Life to Death, I have a fair Title to this Favour. I would not be understood, to interest by this Means, the Inclinations or Prejudices of my Readers, on my Side, for that might prove Detrimental to Truth ; but I introduce this Remark, to secure me against the Effects of a Petulant Humour, which reigns but too much in the World, of disliking whatever has the appearance of Novelty, and supposing, that there is something equally Just and Wise, in maintaining old Opinions against New, and in running down any System upon its first Appearance. Against this inequitable Prepossession, in favour of Antique

Notions, I set up this Claim to the good Will of Men, founded on the Benefits resulting from my System, to the human Species, either considered as Individuals or in Society. It was upon the same Principle, that the late Dr. Harvey, established his Doctrine of the Circulation of the Blood, which he justly observed, would Exempt the Art of Physic from many Reproaches, and enable us to give a clearer and more rational Account of the Animal Oeconomy. On this Basis too, stands the Philosophy of Sir Isaac Newton, which is perhaps the noblest Effort of the human Understanding. I do not mean by this, to compare my Invention with theirs, or myself to either of those great Men. All I aim at is, to shew, that the greatest Men have had need of Indulgence, when they propounded new Systems; whence I infer, that such a desire cannot be thought either unjust or unreasonable, in the least, as I readily own myself to be.

Here, then, let me rest this Affair, and after taking so much Pains to render this Work not altogether unworthy the View of the Public, or the Eye of equal and impartial Judges, I resign it freely to their Consideration, and depend upon their Candour and Humanity for the kind Acceptance of my labours.

**F i n i s.**















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